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Kerr home canning book




A DEDICATION

To the women who serve without banners... the Homemakers of America.

You are the proud daughters of the builders of America... you are the wives and mothers of the men in Freedom's fight, each to his own duty at the plow or forge or battlements. And yours, in this war year of 1943, is a task worthy of that heritage. For men today go into battle with your name on their lips... and men, tomorrow and forever, will find in your courage and devotion the strength... and dignity... and honor... to serve in the peace that is to come.

KERR GLASS MANUFACTURING CORPORATION





"FOOD is no less a weapon than tanks, guns, and planes. As the power of our enemies decreases, the importance of food resources of the United Nations increases. With this thought in mind, we must further mobilize our resources for the production of food."

FRANKLIN D. ROOSEVELT.

FOOD - *The Need of the Hour*

★ In view of the nation-wide program to increase and conserve the country's agricultural products, HOME CANNING takes on a new importance. Planned food conservation for year around nutritious meals is a patriotic duty. Fruits, vegetables, and meats are the best and most economical source of important food essentials — vitamins and minerals — AND home canning makes possible the conservation of these food values when reliable methods are used and the food sealed in air-tight jars.

This edition of the KERR HOME CANNING BOOK is especially planned to meet the need of the hour. The complete methods, recipes, and time tables will be a valuable guide to the inexperienced and an interesting reference to the experienced homemaker. Like KERR JARS, CAPS and LIDS, we hope this book will be your dependable aid for more and better home canning.



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Methods of CANNING

KERR Jars Are Suitable for All Methods of Canning

★ There remains in common use for fruits, the Open Kettle Method used by our great, great grandmothers. Science has brought into use newer methods of canning, which are commonly known as the Jar Cooked (Hot and Cold Pack) Method. We are giving the steps for canning by both Open Kettle and Jar Cooked methods. Either is suitable for the canning of fruits, but other foods such as vegetables, meats, etc., must be canned by the Jar Cooked (Hot or Cold Pack) Method.

OPEN KETTLE METHOD

In the Open Kettle method food is cooked until well done in an open kettle or pan as a means of killing the bacteria and then packed boiling hot into a sterilized KERR Jar and sealed immediately.

Only fruits, tomatoes, preserves and pickles can be successfully canned by this method. All other foods must be processed (cooked) in the jar.

STEPS FOR OPEN KETTLE METHOD

No. 1—Examine top of jars to see that there are no nicks, cracks, sharp edges, etc.

No. 2—Wash jars well in hot soapy water, then boil in clear water for at least 15 minutes.

No. 3—Select fresh, firm (not overripe) products. Grade according to size and ripeness.

No. 4—Prepare according to recipe.

No. 5—Boil for required length of time.

No. 6—Fill only ONE sterilized KERR Jar at a time to within $\frac{1}{2}$ inch of top with the boiling hot product and liquid.

No. 7—Wipe top of jar free of all seeds, pulp, etc.

No. 8—Seal each jar immediately as filled by placing scalded KERR Lid on jar with sealing composition next to glass, and **screwing band firmly tight**. When using Economy Jar, place scalded Economy Cap on jar and put on clamp. If clamp is too loose, bend sufficiently to hold cap firmly on jar.

No. 9—Set aside to cool on surface on which several thicknesses of cloth have been laid. **Do not turn KERR Jars upside down while cooling and sealing and do not screw bands down after jars are cold and sealed.** Do not set hot jars in a draft.

No. 10—Test for seal as follows: When jars are cold, take a spoon and gently tap the lids. If properly sealed, they will give a clear, ringing note, and be slightly concave (curved inwardly) caused by the vacuum inside. If not properly sealed, the sound will be dull and low in key, in which case you have an opportunity to re-can contents and thus save your food. If food touches lid the sound will be dull, but not hollow or empty like unsealed jar.

HOT AND COLD PACK METHOD

The "Cold Pack Method" consists of packing the cold product into the jar, then processing (cooking). Most products are packed raw, others,

in order to remove skin, are blanched (scalded) in hot water or steam and then dipped into cold water.

The "Hot Pack Method" consists of a short precooking (boiling). The boiling hot product is packed into clean KERR Jars and processed (cooked) immediately. The "Hot Pack Method" has been found more satisfactory for vegetables and meats.

STEPS FOR HOT AND COLD PACK METHOD

No. 1—Examine top of jars to see that there are no nicks, cracks, sharp edges, etc.

No. 2—Wash jars well in hot soapy water. Scald thoroughly.

No. 3—Select fresh, firm (not overripe) products. Grade according to size and ripeness.

No. 4—Prepare according to recipe.

No. 5—Pack product into clean KERR Jars to not more than $\frac{1}{2}$ inch of top. (Except corn, peas, lima beans and meats. For these products, fill jars to within 1 inch of top.)

No. 6—Add liquid:

(a) **Fruits:** Syrup to within $1\frac{1}{2}$ inches of top of jar when fruit is packed cold, or $\frac{1}{2}$ inch of top when fruit is packed hot, or fruit juice or hot water to within $\frac{1}{2}$ inch of top of jar.

(b) **Vegetables:** Liquid to within $\frac{1}{2}$ inch of top of jar (salt or other seasoning made be added).

(c) **Meats:** For precooked meats, add 3 or 4 tablespoons of liquid. Meats packed raw do not require the addition of liquid.

No. 7—Wipe top of jar free of all seeds, pulp, grease, etc.

No. 8—Place scalded KERR Lid on jar with sealing composition next to glass, and **screw band firmly tight**. When using the Economy Jar, place scalded Economy Cap on jar and put on clamp. If clamp is too loose, bend sufficiently to hold cap firmly on jar.

No. 9—Process required length of time according to time table, whether for Pressure Cooker, Hot Water Bath, Oven, or Steamer.

No. 10—Remove jars from cooker or oven. Do not tighten screw bands. Set on surface on which several thicknesses of cloth have been laid. **Do not turn KERR Jars upside down while cooling and sealing and do not screw bands down after jars are cold and sealed.** Do not set hot jars in a draft.

No. 11—Test for seal as instructed in step No. 10, column to left.

REMOVE SCREW BANDS AFTER 24 HOURS AS BANDS ARE UNNECESSARY ONCE JARS ARE SEALED. USE SCREW BANDS OVER AND OVER. THIS IS NOT ONLY ECONOMICAL AND CONVENIENT, BUT YOU ARE HELPING CONSERVE METAL NEEDED FOR THE WAR EFFORT.

METHODS OF Processing

THE APPLICATION OF HEAT TO PRODUCTS
IN THE JARS IS CALLED "PROCESSING."

★ Regardless of the condition of the product or its method of preparation, foods will spoil if not properly processed for the required length of time.

PRESSURE COOKER

A pressure cooker is recommended for processing vegetables, meats and non-acid foods as it gives a greater degree of safety. However the canning may be successfully done by other methods of processing if no pressure cooker is available.

Equipment—Pressure cooker fitted with rack in the bottom, steam tight cover, petcock and pressure gauge.

1. Prepare product and proceed according to directions for Hot and Cold Pack canning given on page 4.
2. Place rack in bottom of cooker and add enough hot water to bring up to level of rack.
3. Place the filled jars on the rack in the cooker. Prepare only enough jars at one time to fill the cooker. Do not allow jars to touch.
4. Adjust the cover of cooker and fasten securely by tightening opposite clamps or adjusting band.
5. Leave the petcock open until a jet of steam has been spurting from the petcock for 7 to 10 minutes. Then close petcock and start counting processing time from the minute the required amount of pressure is reached on the pressure gauge. Keep pressure uniform throughout the processing period.
6. Process for required length of time (see time tables, pages 8 and 9).
7. Remove cooker from the fire as soon as the processing time is up and allow the hand on the pressure gauge to return to zero. Then open petcock gradually.
8. Remove jars from cooker. Do not tighten screw bands. Set on surface on which several thicknesses of cloth have been laid. **Do not turn KERR Jars upside down while cooling and sealing and do not screw bands down after jars are cold and sealed.** Do not set hot jars in draft.
9. Test for seal. (Pages 4 or 48.)

The U. S. Department of Agriculture recommends the use of a pressure cooker for canning non-acid vegetables and meats.

HOT WATER BATH

The hot water bath is preferable for processing fruits and tomatoes. They are acid foods and can be canned safely at boiling temperatures and the texture, color and flavor of the finished product are better. A pressure cooker is recommended for processing vegetables, meats and non-acid foods.

Equipment—A wash boiler or large deep vessel that has a close-fitting cover, may be used as a canner. A "Canner" must be fitted with a rack made of laths, galvanized wire or other perforated material. The rack must hold the jars at least ½ inch above the bottom of the canner. Have the water in the canner near the boiling point.

Prepare the product and proceed according to directions for Hot and Cold Pack canning as given on page 4.

Place the filled jars on the rack in the canner far enough apart to allow the free circulation of water around them. The water should cover the jars at least one inch over the top. Start count-

ing processing time as soon as water surrounding the jars begins to boil. Keep the water boiling for entire processing period. If water boils down add sufficient boiling water to keep it at the required height.

Process the required length of time (see time tables, pages 8 and 9).

As soon as the processing period is up remove jars from the canner. Do not tighten screw bands. Set on surface on which several thicknesses of cloth have been laid. **Do not turn KERR Jars upside down while cooling and sealing and do not screw bands down after jars are cold and sealed.** Do not set hot jars in a draft.

Test for seal. (Pages 4 or 48.)

OVEN CANNING

The oven (if correctly regulated) may be used for processing fruits and tomatoes. They are acid foods and can be canned safely at boiling temperatures and the texture, color and flavor of the finished product are better. We do not recommend the oven for processing vegetables and meats. A pressure cooker is recommended for processing vegetables, meats and non-acid foods.

Equipment—Oven with **automatic heat control.**

1. Prepare product and proceed according to directions for Hot and Cold Pack canning as given on page 4.
2. Set jars on rack at least 2 inches apart in cold oven. If processing second batch immediately, it is not necessary to cool oven. Jars should not touch sides of oven.
3. Light oven (or if using an electric oven, turn on switch, using lower unit only); set regulator at 250°. Start counting time when oven is lighted or switch turned on. (For second batch count time when jars are placed in oven.)
4. Temperature should not exceed 250°. Higher temperature will cause the liquid to boil too hard and evaporate.
5. Process the required length of time (see time table, page 9).
6. Remove jars from oven. Do not tighten screw bands. Set on surface on which several thicknesses of cloth have been laid. **Do not turn KERR Jars upside down while cooling and sealing and do not screw bands down after jars are cold and sealed.** Do not set hot jars in a draft.
7. Test for seal. (Pages 4 or 48.)

STEAM COOKER—Start counting processing time when cooker is well filled with steam. Follow water bath time tables.

STERILIZING KERR JARS, CAPS AND LIDS

To sterilize jars for open kettle canning, wash thoroughly with soap and warm water. Rinse well, place in pan having a folded cloth or rack on the bottom. Cover jars with warm water. Boil for 15 minutes. The jars may remain in this hot water until ready for use.

Economy Caps and KERR Lids—Place in shallow pan or bowl and pour boiling water over them. The lids may remain in the pan of water until ready to be placed on the jars. Screw bands do not require scalding.

VITAMINS

For Growth and Health

BEING well fed is not a matter of simply having enough to satisfy the appetite, but of having enough of the right kind of foods in the daily diet.

In following our Government's nation-wide nutrition program for better diets, we offer the following guide for those who wish to know what foods to choose for a well balanced diet that builds strong healthy bodies.

VITAMIN	NEEDED FOR	SOURCES OF
A	Promotes growth. Helps to prevent night blindness and eye diseases.	Liver, carrots, cod liver oil, yellow squash, pumpkin, sweet potatoes, spinach, turnip greens, kale, yellow corn, milk, apricots, peaches, egg yolk, butter, cheese, green beans.
B₁ (or Thiamin)	Needed for normal growth. Stimulates appetite. Aids digestion.	Whole grain, cereals, nuts, peas, beans, liver, lean pork, asparagus, corn, milk.
C (or Ascorbic Acid)	Growth and health. Development of good teeth. Corrects or prevents scurvy.	Oranges, lemons, green peppers, grapefruit, tomatoes, lettuce, apples, strawberries, raw cabbage, spinach, peas, green beans, cherries, yellow corn, carrots, cantaloupe.
D	Essential to normal bone and tooth development. Aids in the prevention or cure of rickets.	Cod liver oil, egg yolk, oysters. Direct sunshine.
G (or B ₂) (Riboflavin)	Improves growth. Promotes general health. Essential in nerve tissues.	Broccoli, cheese, liver, eggs, potatoes, carrots, lettuce, spinach, yellow corn, apricots, tomatoes, strawberries, cabbage.
NIACIN (or Nicotinic Acid) (Member of vitamin B group)	Prevents pellagra and certain other deficiency diseases.	Lean beef, liver, salmon, kale, green peas, milk, potatoes, tomatoes, yeast, wheat germ.

	NEEDED FOR	SOURCES OF
PROTEIN FOODS	Body building and repairing body tissues.	Meats, fowl, fish, milk, cheese, eggs, dried beans, peas, peanuts.
FATS and CARBOHYDRATES (Sugar and Starches)	Supplying energy and body warmth.	Starches, sugar and fats, such as: Butter, potatoes, oils, bread, rice, macaroni, cereals, sugar (jams, jellies), sweet potatoes, dried fruits.
MINERALS		
CALCIUM	Builds strong bones, and teeth. Heart, nerve and muscle functions.	Milk, cheese, cauliflower, broccoli, navy beans, cabbage, carrots, turnip greens, celery, strawberries, oranges, eggs, molasses, oysters.
PHOSPHORUS	Combines with calcium to build strong bones and teeth. Essential constituent of all cells.	Liver, meat, fowl, milk, cheese, oysters, eggs, dried peas and beans, pumpkin, corn, cauliflower and potatoes.
IRON	Builds red blood cells. Carries oxygen in body.	Liver, molasses, greens of all kinds, eggs, dried peas and beans, cabbage, potatoes; beets, apricots and soybeans.
IODINE	Protection from goiter. Necessary for development of growth processes.	Fish.

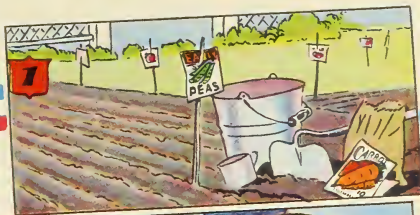
A "WELL-BALANCED" diet will contain all three of the essential classes of food, Proteins, Fats and Carbohydrates, Vitamins and Minerals.

★ 3 STEP *Victory* PROGRAM

PLANT, CAN AND EAT

★ Today our government is stressing Food Production and Food Conservation as the patriotic duty of every American citizen. "Plant a Garden" has become a nation-wide slogan, and with it is associated a larger HOME CANNING program.

Protect your family's health with filled shelves of home-canned fruits, vegetables and meats—your assurance for healthful, nourishing, year 'round meals. **YOU CAN HELP** in this vast Victory program—plant, can and eat—this is your part.



Enjoy **EASY, MORE SUCCESSFUL HOME CANNING---USE THE SIMPLIFIED and MODERN *New* JARS, CAPS, LIDS and METHODS**

GOOD FOOD HABITS

Eat meals at regular hours every day.
Do not "nibble" between meals.
Eat leisurely—chew food well.
Avoid over-eating rich foods.

Get plenty of sleep, fresh air and exercise.
Drink a glass of water before breakfast
and 5 to 7 additional glasses during
the day.

DO NOT DESTROY MINERALS AND VITAMINS BY:

Cooking foods too long.
Allowing prepared food to stand before cooking or canning.
Cooking in large quantities of water.
Adding soda.
As far as possible, air should be excluded during cooking.



Daily Food Essentials

To promote growth or maintain health there are three essential classes of food:

1. Foods which are necessary for growth and repairing body tissues. These are protein foods.
2. Foods that provide energy and heat for the body. These are the fats and carbohydrates.
3. Foods that protect the body and regulate its functions. These are the vitamins and minerals.

LIQUIDS—Where recipes call for filling jar with water or syrup, fill only to within one-half inch of top of jar when using water, or one and one-half inches of top of jar when using syrup on fruits packed cold. Or syrup to within one-half inch of top when fruits are packed hot.

CANNING



VEGETABLES (See note on page 9)		Hot Water Bath - Time in Minutes	Pressure Cooker	
			Minutes	Pounds
Artichokes	Wash, trim. Precook 5 minutes in water with a little vinegar. Pack.	180	40	10
Asparagus	Wash, precook 3 minutes. Pack.	180	40	10
Beans (String or Wax)	Wash, string, cut or leave whole, precook 3 minutes. Pack.	180	40	10
Beans (Lima)	Shell, grade, precook 3 minutes. Pack.	180	55	10
Beets	Wash, leave roots and stems long, precook 15 minutes, slip skins, pack.	120	40	10
Brussels Sprouts or Cabbage	Remove outer leaves, wash, precook 5 minutes. Pack.	120	35	10
Carrots, Kohlrabi	Wash, peel, precook 5 minutes. Pack.	120	35	10
Cauliflower or Broccoli	Remove outside leaves, wash, precook 4 minutes. Pack.	150	35	10
Corn on Cob	Remove husks, precook 3 to 5 minutes. Pack.	210	80	10
Corn	Remove husks. Cut from cob. Precook 3 to 5 minutes. Pack loosely.	210	80	10
Eggplant	Peel, cut in slices or strips, precook 5 minutes. Pack.	120	40	10
Greens (all kinds)	Wash thoroughly. Steam or precook, to wilt. Pack loosely.	180	60	10
Hominy	Precook 3 minutes, pack loosely.	120	40	10
Mushrooms	Clean, wash, cut large ones, precook 3 minutes. Pack loosely.	180	60	10
Okra	Wash, precook 3 minutes, pack.	180	40	10
Onions	Peel, wash, precook 5 minutes. Pack.	180	40	10
Parsnips, Turnips or Rutabagas	Wash, pare, precook 5 minutes. Pack.	90	35	10
Peas	Shell, grade, using only young fresh peas, precook 3 to 7 minutes. Pack loosely.	180	60	10
Peppers (Green, Sweet)	Wash, remove seed pod, precook 3 minutes. Pack.	120	35	5
Peppers (Pimiento)	Place in moderate oven 6-8 minutes or 1 to 2 minutes in hot oil or 12 to 15 minutes in boiling water. Peel, stem, cut out seeds, flatten. Pack.	40	10	5
Pumpkin	Cut in pieces, steam or bake tender. Remove pulp from shell. Pack.	180	60	10
Sauerkraut	Pack, add kraut juice or weak brine.	15	----	----
Spinach	Wash thoroughly. Steam or precook to wilt. Pack loosely.	180	60	10
Squash (Summer, Chayote or Zucchini)	Precook 3 to 5 minutes. Pack.	180	40	10
Squash (Crookneck, Hubbard or Banana)	Cut in pieces, steam or bake tender. Remove pulp from shell. Pack.	180	60	10
Sweet Potatoes	Wash, boil or steam 20 minutes, remove skins. Pack.	180	60	10
Tomatoes	(See under Fruits.)			
Tomato Juice	Wash, peel, cut in sections. Simmer until soft, press thru fine sieve. Bring to boiling. Pour at once into sterilized KERR Jars.	5	----	----
Vegetable Mixtures	Prepare vegetables, precook separately, combine, process length of time necessary for vegetable requiring longest processing.	----	----	----
SOUPS (See note on page 9)				
Asparagus	Use tough part, boil. Press through sieve, pour into jars, season.	180	40	10
Clam Chowder	Precook ten minutes. Pack in jars.	240	90	15
Fish Chowder	Use fish scraps. Cover with water and thoroughly cook. Add other ingredients. Pack in jars.	240	90	15
Pea Soup	Precook peas until soft, press thru sieve. Pour in jars. Season.	180	60	10
Soup Stock	Use scraps of meat, cover with water. Season. Simmer until cooked. Pour in jars.	180	45	15
Vegetable Soup Mixtures	Use any vegetable combinations, blanch or precook. Pack in jars. Season, process time necessary for vegetable requiring longest processing.	----	----	----

TIME TABLES

NOTE—The time given in these tables applies to both pint and quart jars except for fruits by oven method. If canning fruit in water bath with half gallon jars add ten minutes to time given. If canning fruit in oven, for pints reduce time one-third. Half gallons increase time one-third. When canning vegetables and meats for half gallons in pressure cooker or water bath, increase time 20%.

FRUITS (See note above)		Hot Water Bath Time in Minutes	Pressure Cooker 5 lbs.—Time in Minutes	Oven 250° Time in Minutes
Apples	Wash, pare, core, cut in pieces. Drop in slightly salted water. Pack. Add syrup. Or boil 3 to 5 minutes in syrup. Pack. Add syrup.	25	10	75
Apricots	Wash, halve and pit. Pack. Add syrup.	20	10	68
Berries (except Strawberries and Cranberries)	Wash, stem, pack. Add syrup or water.	20	8	68
Cherries	Wash, stem, pit. Pack. Add syrup.	20	10	68
Cranberries	Wash, remove stems. Boil 3 minutes in No. 3 syrup. Pack.	10	----	----
Currants	Wash, stem, pack. Add syrup or water.	20	10	68
Figs	Put in soda bath 5 minutes, rinse. Precook 5 minutes in syrup. Pack, add syrup.	30	10	90
Fruit Juices	Crush fruit, heat slowly, strain. Pour into jars. Process in water bath.	20 (180°—simmering)		68
Grapes	Wash, stem, pack. Add syrup or water.	20	8	68
Peaches	Peel, pack, add syrup, or precook 3 minutes in syrup, pack, add syrup.	20	10	68
Pears	Select not overripe pears, pare, halve, precook 3 to 5 minutes in syrup. Pack. Add syrup.	25	10	75
Pineapple	Peel, remove eyes, cut or slice. Precook in No. 2 syrup 5 to 10 minutes. Pack with syrup.	30	15	90
Plums	Wash, prick skins. Pack. Add syrup.	20	10	68
Preserves	Prepare as per recipe. Cook until thick. Pack. Process in water bath.	20 (180°—simmering)		
Quinces	Wash, pare, cut in pieces. Precook 3 minutes in syrup. Pack, add syrup.	35	15	75
Rhubarb	Wash, cut into pieces without removing the skin. Pack. Add syrup.	10	5	68
Strawberries	Wash, stem, precook gently for 3 minutes in syrup. Remove from syrup and cool. Boil syrup 3 minutes. Add berries and let stand for several hours. Re-heat. Pack.	20	8	68
Tomatoes	Scald 1 minute, cold dip 1 minute, peel, core, quarter. Pack.	35	10	75
Tomatoes for Salad	Scald 1 min., cold dip 1 min., peel, core. Pack. Cover with tomato juice.	35	10	75
Tomato Puree	Irregular or undersized tomatoes may be used. Cook all ingredients until soft. Press through sieve. Pack.	35	10	75
Walnuts	Pack into jar. Process in oven at 225°.	----	----	45
MEATS (See notes on this page) Meats packed raw do not require the addition of liquid.		Hot Water Bath Time in Minutes	Pressure Cooker 15 lbs. Time in Minutes	
Lamb, Veal, Beef, Steak	Bleed well and cool thoroughly. Precook, pack, add salt 1 teaspoon to quart, add 3 to 4 tablespoons liquid. Or pack raw. Then process.	180	60	
Pork	Bleed well and cool thoroughly. Precook, pack, add salt 1 teaspoon to quart, add 3 to 4 tablespoons liquid. Or pack raw. Then process.	180	60	
Tenderloin, Ham, Pork Chops	Fry until brown. Pack. Add salt 1 teaspoon to quart. Add 3 to 4 tablespoons water or broth. Or pack raw. Then process.	180	60	
Sausage	Shape into cakes. Fry or bake until brown. Pack. Add 3 to 4 tablespoons liquid, then process.	180	60	
Chicken, Rabbit, Duck, Turkey	Bleed well and cool thoroughly. Precook, pack, add salt 1 teaspoon to quart, add 3 to 4 tablespoons liquid. Or pack raw. Then process.	180	60 min. at 15 lbs. or 90 min. at 10 lbs.	
Deer, Wild Birds, Geese	Bleed well, cool thoroughly, soak in brine 30 minutes or parboil. Precook, pack, add salt 1 teaspoon to quart, add 3 to 4 tablespoons liquid. Or pack raw. Then process.	180	60	
Fish, all kinds	Use only firm, fresh fish. Bleed well. Wash. Precook. Pack, add salt 1 teaspoon to quart. Or pack raw. Then process.	240	90	

NOTE—All vegetables (except tomatoes) and meats canned at home should be boiled in an open vessel 10 to 15 minutes before tasting or using.

TIME FOR DIFFERENT ALTITUDES—The time given in the time tables in this book is based on the one-pint or one-quart pack (except as per note above) and on fresh products at altitudes up to 1,000 feet. For higher altitudes increase the time 10 per cent for each additional 500 feet, except for pressure cooker canning. For elevation up to 2,000 feet use pressure given in time table. After the first 2,000 feet one pound of pressure should be added for each additional 2,000 feet of elevation.



CANNING FRUIT WITHOUT SUGAR—All fruit and fruit juices can be successfully canned in KERR Jars without sugar, but the addition of syrup at the time of canning helps to develop and improve the flavor of the fruit. The sugar is used only to sweeten the food and does not keep it from spoiling. To make sugar go farther, use just enough syrup to make the fruit palatable. Precooking the fruit before packing will draw some of the juice out of the fruit and less sugar will be required to give the fruit the desired sweetness. All fruits may be canned without sugar by simply filling the jar to within $\frac{1}{2}$ inch of the top with fruit juice or water, then processing; there is no other change in the canning recipe. The sweeter fruits can be put up in their own juices and will require little or no sugar to sweeten them when jars are opened for serving.

APPLES (OPEN KETTLE)

SELECT uniform apples, wash, pare and core. Cut into desired size. If peeled fruit is to stand several minutes before packing, drop it into slightly salted water to prevent discoloration. Drain. Drop in a thin boiling syrup and cook until tender or transparent. Pack boiling hot into sterilized KERR Jars and seal.

APPLES (HOT PACK)

SELECT uniform apples, wash, pare and core. Cut into desired size. If peeled fruit is to stand several minutes before packing, drop it into slightly salted water to prevent discoloration. Drain. Boil three to five minutes, in a medium syrup. Pack into clean KERR Jars and fill to within $\frac{1}{2}$ inch of top with syrup, put on cap, screwing band firmly tight. Process according to time table, page 9.

APPLES (RED CINNAMON) (HOT PACK)

SELECT firm apples that will not mush in processing. Prepare a thin or medium syrup. Flavor the syrup with cinnamon according to taste and add enough pure red vegetable coloring to give desired shade to apples. Peel apples, leave whole or quarter, boil 3 to 5 minutes in the syrup. Pack into clean KERR Jars and fill to within $\frac{1}{2}$ inch of top with syrup in which apples were precooked. Put on cap, screwing band firmly tight. Process according to time table, page 9.

APPLES (BAKED) (OPEN KETTLE)

SELECT sound baking apples. Wash, core and bake with a little water in a moderate oven; bake thoroughly but not enough to break down. Put cores and parings into a pan with water; cook as though preparing apple jelly. When sufficiently cooked, drain liquid off parings and add pound for pound of sugar. Pack apples into sterilized KERR Jars, fill to within $\frac{1}{2}$ inch of top with boiling jelly syrup and seal.

APPLES (BAKED) (HOT PACK)

PREPARE as for Baked Apples Open Kettle Method, except that apples are baked only one-fourth done, then packed into clean KERR Jars. Fill to within $\frac{1}{2}$ inch of top with thin or medium syrup. Put on cap, screwing band firmly tight. Process according to time table, page 9.

APPLE SAUCE (OPEN KETTLE)

3 pounds green apples 2 cups water $1\frac{1}{4}$ cups sugar
WASH, peel and quarter apples. If peeled fruit is to stand several minutes before packing, drop it into slightly salted water to prevent discoloration. Drain. Add water and cook until soft. Mash. Add sugar and cook for 10 minutes. Pack while boiling hot into sterilized KERR Jars and seal immediately.

Fruits

SOURCES OF VITAMINS AND MINERALS

★ In packing fruits for Hot or Cold Pack canning, the FRUIT should be packed to **WITHIN ½ INCH OF THE TOP OF THE JAR.** If using syrup and fruit is packed cold, fill jar with syrup to within 1½ inches of top, or ½ inch of top when fruit is packed hot. If using water or fruit juice, fill jar to within ½ inch of the top of the jar. For Open Kettle canning, fill only **ONE STERILIZED JAR AT A TIME** with the boiling hot product and liquid to within ½ inch of the top of the jar. Seal immediately.

APRICOTS (OPEN KETTLE)

SELECT firm, ripe fruit; peel if desired, halve and remove stone. If peeled fruit is to stand several minutes before packing, drop it into slightly salted water to prevent discoloration. Drain. Put fruit in medium syrup and simmer 10 to 15 minutes; then bring to full boil. Pack boiling hot into sterilized KERR Jars and seal.

APRICOTS (COLD PACK)

SELECT firm, ripe fruit; peel if desired, halve and pit. If peeled fruit is to stand several minutes before packing, drop it into slightly salted water to prevent discoloration. Drain. Pack into clean KERR Jars; fill to within 1½ inches of top with medium syrup. Put on cap, screwing band firmly tight. Process according to time table, page 9.

BERRIES (OPEN KETTLE)

(All berries except Strawberries)—Wash berries and pick them over carefully. Use 1 to 2 cups of sugar for each quart of berries. Put sugar over berries and let stand awhile to draw out juice. Stir well, then let cook for 20 minutes. USE NO WATER. Pack boiling hot into sterilized KERR Jars and seal.

BERRIES (COLD PACK)

(All berries except Strawberries)—Wash and stem berries. Pack into clean KERR Jars. Fill to within 1½ inches of top with light or medium syrup. Put on cap, screwing band firmly tight. Process according to time table, page 9.

CANDIED GRAPEFRUIT OR ORANGE PEEL

CUT skins in eighths—soak in weak soda water for 24 hours. Rinse in fresh water. Cover with fresh water, add pinch of soda, bring to a boil. Drain, cover with fresh water and cook about two hours. Prepare heavy syrup, boiling same until it spins a thread. Place peel in syrup, simmer until all syrup has cooked up into the fruit (1½ hours). If you desire to keep candied peel for any length of time, when it is about half-cooked, add one teaspoon of glycerine for each two grapefruits. After cooking roll in coarse granulated sugar.

CANDIED PINEAPPLE AND APPLE

PREPARE heavy syrup. Cut pineapple and apples into desired shapes, place in syrup, boil until syrup has cooked up into fruit. Roll in granulated sugar.

CHERRIES (OPEN KETTLE)

WASH, stem, pit if desired. Place in boiling medium syrup and boil 20 minutes. Pack boiling hot into sterilized KERR Jars and seal.

CHERRIES (COLD PACK)

WASH, stem, pit if desired. Pack into clean KERR Jars, fill to within 1½ inches of top with medium or heavy syrup, depending on the sweetness of the cherries. Put on cap, screwing band firmly tight. Process according to time table, page 9.

MOCK CHERRIES (COLD PACK)

WASH and stem Thompson Seedless Grapes. Pack into clean KERR Jars. Fill jars to within ½ inch of top with liquid, using concentrated cherry juice left over from canning or water with fruit coloring. If using commercial concentrated cherry juice, one fluid ounce will flavor three pint jars. Put on cap, screwing band firmly tight. Process according to time table for Grapes, page 9.

CRANBERRIES (HOT PACK)

WASH and remove stems from cranberries. Drop into a boiling heavy syrup. Boil 3 minutes. Pack into clean KERR Jars, to within ½ inch of top. Put on cap, screwing band firmly tight. Process according to time table, page 9.

CRAB APPLES

PREPARE and can as apples, using thin syrup if fruit is not peeled. The stems and peelings may be left on if desired and a stick or two of cinnamon added for variety of flavoring.

CURRANTS (COLD PACK)

WASH, stem. Pack into clean KERR Jars, fill to within 1½ inches of top with medium syrup, put on cap, screwing band firmly tight. Process according to time table, page 9.

FIGS (DRIED) (OPEN KETTLE)

WASH, cut up, cover with cold water. Let stand for 12 to 24 hours, then simmer until pulpy. Add 1 cup sugar to each pint of pulp; bring to boil. Pack boiling hot into sterilized KERR Jars and seal.

FIGS (FRESH) (OPEN KETTLE)

FIGS should not be too ripe. Leave on the stems. Sprinkle one cup soda over six quarts of figs. Add 1 gallon of boiling water. Allow to stand in this for 5 minutes. Drain and rinse well. Place in medium syrup. Boil slowly for 1 hour. Pack boiling hot into sterilized KERR Jars and seal.

FIGS (FRESH) (HOT PACK)

PREPARE as above. After removing from soda bath put into fresh water and boil for 2 minutes. Drain and use this water to make a thin syrup. Precook figs 5 minutes in syrup. Pack into clean KERR Jars, fill to within ½ inch of top with syrup, put on cap, screwing band firmly tight. Process according to time table, page 9.

FRUIT SALAD (COLD PACK)

COMBINATION of all kinds of raw fruits, pack cold into clean KERR Jars, fill with medium syrup to within 1½ inches of top. Put on cap, screwing band firmly tight. Process length of time necessary for fruit requiring longest processing.

GOOSEBERRIES

FOLLOW recipe for berries.

GRAPEFRUIT (COLD PACK)

HALVE grapefruit; take out center meats and juice. Be careful to remove all white pulp. Pack into clean KERR Jars. Sugar may be added according to taste. Process in water bath 20 minutes; or in oven 68 minutes at 250°; or in pressure cooker 10 minutes at 5 pounds.

GRAPES (OPEN KETTLE)

WASH, stem and add 1 cup of water and 2 cups of sugar to each gallon of grapes, let come to boil, skim off seeds which have risen to top. Boil 5 minutes. Pack boiling hot into sterilized KERR Jars and seal.

GRAPES (COLD PACK)

PREPARE grapes and pack tightly into clean KERR Jars without crushing. Fill to within 1½ inches of top with medium syrup. Put on cap, screwing band firmly tight. Process according to time table, page 9.

GRAPES (SPICED SEEDLESS)

¼ cup vinegar	3 whole cloves
½ cup water	One inch piece of stick cinnamon
⅛ cup sugar	1 pint grapes (removed from stems)

MAKE a syrup of the vinegar, water, sugar and spices. Bring to the boiling point and add the grapes which have been thoroughly washed. Simmer 5 minutes. Pack grapes and syrup into clean KERR Jars to within ½ inch of top. Put on cap, screwing band firmly tight. Process 10 minutes in water bath.

GUAVAS (OPEN KETTLE)

PARE the fruit, cut into halves and remove the seed. Cook in boiling syrup for 30 minutes. Pack boiling hot into sterilized KERR Jars and seal.

HUCKLEBERRIES or

LOGANBERRIES

SEE recipe for Berries.

NECTARINES (OPEN KETTLE)

SELECT firm fruit, not too ripe. Wash but do not peel. Simmer in a medium syrup 10 to 15 minutes, then bring to a full boil. Pack boiling hot into sterilized KERR Jars and seal. If hot or cold pack method is used, follow recipe for peaches as to time and handling.

PEACHES (OPEN KETTLE)

SELECT ripe firm peaches. Remove peel, leave whole or cut in halves or slices. If peeled fruit is to stand several minutes before packing, drop it into slightly salted water to prevent discoloration. Drain. Boil 20 minutes in thin or medium syrup. Pack boiling hot into sterilized KERR Jars and seal.

PEACHES (COLD PACK)

SELECT ripe firm peaches, remove peel and pits. If peeled fruit is to stand several minutes before packing, drop it into slightly salted water to prevent discoloration. Drain. Pack, halved or sliced, into clean KERR Jars. Fill to within 1½ inches of top with medium syrup. Put on cap, screwing band firmly tight. Process according to time table, page 9. Peaches may be canned without removing peel. Wash thoroughly, halve, pack and add syrup. Process same as peeled peaches.

PEACHES (HOT PACK)

PREPARE as above, drop into a boiling medium syrup. Precook for 3 minutes. Pack into clean KERR Jars and fill to within ½ inch of top with syrup. Put on cap, screwing band firmly tight. Process according to time table, page 9.

PEACHES (BAKED) (OPEN KETTLE)

SELECT ripe firm peaches. Remove peel, cut in halves and remove stones. If peeled fruit is to stand several minutes before packing, drop it into slightly salted water to prevent discoloration. Drain. Place in baking dish or pan. Fill each cavity with one tea-



spoon of sugar, ¼ teaspoon butter, a few drops of lemon juice and a sprinkling of nutmeg. Bake the peaches in a moderate oven (350° F.) 30 to 45 minutes until tender. Pack boiling hot into sterilized KERR Jars, and pour any syrup that has formed in pan over fruit. Fill each jar to within ½ inch of top with boiling medium syrup and seal.

PEARS (OPEN KETTLE)

PARE, core and, if peeled fruit is to stand several minutes before packing, drop it into slightly salted water to prevent discoloration. Drain and boil in thin or medium syrup for 25 minutes. Add 1 tablespoon of lemon juice for each quart of pears. Pack boiling hot into sterilized KERR Jars and seal.

PEARS (HOT PACK)

PREPARE as in preceding recipe. Precook 3 to 5 minutes in thin or medium syrup. Pack into clean KERR Jars, fill with syrup to within ½ inch of top of jar. Put on cap, screwing band firmly tight. Process according to time table, page 9. If pears are ripe enough to be quite soft, they may be packed without precooking.

PEARS—CREME DE MENTHE (OR MINT PEARS)

PREPARE, precook and pack as above. To each quart jar add ½ teaspoon mint extract and enough pure green fruit coloring to give desired shade. Put on cap, screwing band firmly tight. Process according to time table, page 9.

PINEAPPLE (SLICED) (HOT PACK)

PEEL pineapple, remove eyes, slice and core. Precook in medium syrup 5 to 10 minutes. Then pack into clean KERR Jars and fill to within ½ inch of top with syrup. Put on cap, screwing band firmly tight. Process according to time table, page 9.

PLUMS (OPEN KETTLE)

SELECT plums not too ripe; wash and stem. Prick with needle to prevent bursting. Boil 15 minutes in medium or heavy syrup. Pack boiling hot into sterilized KERR Jars and seal.

PLUMS (COLD PACK)

SELECT plums not too ripe; wash and prick the skin with needle to prevent bursting. Pack into clean KERR Jars and fill to within 1½ inches of top with medium or heavy syrup. Put on cap, screwing band firmly tight. Process according to time table, page 9.

QUINCES (OPEN KETTLE)

SELECT ripe quinces. Wipe off fuzz. Peel, cut. Boil until tender in heavy syrup. Pack boiling hot into sterilized KERR Jars and seal.

QUINCES (HOT PACK)

WASH, pare, cut in pieces. Precook 3 minutes in heavy syrup. Pack into clean KERR Jars, fill to within ½ inch of top with syrup. Put on cap, screwing band firmly tight. Process according to time table, page 9.

RASPBERRIES—SEE recipe for Berries.

RHUBARB (BAKED) (HOT PACK)

WASH and cut into 1 inch lengths without removing the skin. Place in baking dish and add 1 cup sugar to each quart of rhubarb. Cover dish and bake until tender. Pack rhubarb and syrup which has formed, into clean KERR Jars, to within ½ inch of top. Put on cap, screwing band firmly tight. Process in water bath 5 minutes.

RHUBARB (OPEN KETTLE)

WASH; cut in convenient lengths without removing the skin. Boil in medium or heavy syrup until tender. Pack boiling hot into sterilized KERR Jars and seal.

STRAWBERRIES (OPEN KETTLE)

SELECT only firm, highly colored berries. Wash, stem and measure. For each quart of berries allow ¾ to 1 cup of sugar. Cover berries with the sugar and let stand several hours, over night if possible, then place on stove and bring to a boil. Let boil rapidly for 10 minutes, removing the scum as it forms. Pack boiling hot into sterilized KERR Jars and seal.

STRAWBERRIES (will not float)

½ pound (1 cup) sugar

2 pounds strawberries

½ cup strawberry juice

BOIL together sugar and strawberry juice. This juice may be obtained by crushing and heating some of the culls or overripe berries. Cool and add the whole strawberries, then boil 3 minutes. Cover the vessel and set aside for at least four hours or overnight. Pack into clean KERR Jars, filling to within ½ inch of top. Put on cap, screwing band firmly tight. Process in water bath for 15 minutes or in oven for 45 minutes at 250°. (For pint jars.)

WALNUT OR PECAN MEATS (COLD PACK)

PUT nut meats into clean KERR Jars—put on cap, screwing band firmly tight. Process in oven. Use lowest possible heat, 225°, for 45 minutes any size jar.

PECAN NUT MEATS (PRESSURE COOKER)

MELT 3 tablespoons of butter, add 1 pint of shelled pecans, stir in 1 tablespoon salt, being careful not to get pecans too hot. Pack into clean KERR Jars. Put on cap, screwing band firmly tight. Process in pressure cooker 30 minutes, at 5 pounds.

HOW TO MAKE SYRUP

ANY fruit may be successfully canned in a syrup of any density. The sweetness desired in the finished product should govern the syrup used. The following table has been found most pleasing to the majority of people:

No. 1 Thin Syrup—Use three parts of water or fruit juice to one part of sugar and bring to a boil.

No. 2 Medium Syrup—Use two parts water or fruit juice to one part of sugar and bring to a boil.

No. 3 Heavy Syrup—Use one part of water or fruit juice to one part of sugar and bring to a boil.

The **Thin** syrups are generally used for small, soft fruits, as sweet cherries, berries, etc.

Medium syrups are generally used on peaches, sour berries, acid fruits, as rhubarb, cherries, gooseberries, etc.

Heavy syrups are generally used on larger sour fruits that are to be extra sweet.

MAKING SYRUPS FROM WHITE CORN SYRUP OR HONEY FOR CANNING FRUITS OR BERRIES

Thin Syrup—3 cups water, 1 cup corn syrup or honey. Bring to boil.

Medium Syrup—2 cups water, 1 cup corn syrup or honey. Bring to boil.

Heavy Syrup—1 cup water, 1 cup corn syrup or honey. Bring to boil.

Honey and sugar, or corn syrup and sugar, may be mixed in any desired proportions to make a canning syrup that suits the individual taste. Using all honey or all corn syrup for the canning syrup will change the flavor somewhat of the finished product.

APPLE CIDER

USE fresh cider that is made from sound sweet apples. Pour the cider into a kettle and heat steaming hot (do not boil), skim. Pour into sterilized KERR Jars. Seal.

APRICOT NECTAR

SELECT sound, ripe fruit. Wash fruit well. Crush, and for each pound of apricots add 1 pint of water. Heat slowly to simmering point. Strain through a double thickness of cheesecloth. Bring the juice to simmering point and add one pound sugar for each pound fresh apricots used. Stir until sugar is well dissolved. Pour into clean KERR Jars. Put on cap, screwing band firmly tight. Process according to time table, page 9.

BLACKBERRY CORDIAL

SELECT large ripe blackberries. Mash and strain through coarse cheesecloth without heating them. To every quart of juice add 2 cups of sugar. Tie in thick muslin bag $\frac{1}{2}$ ounce of grated nutmeg, $\frac{1}{4}$ ounce whole cinnamon, $\frac{1}{4}$ ounce whole cloves and 1 small piece of mace. Boil juice and spices 25 minutes, removing scum as it rises. Remove spice bag and stir in 4 tablespoons vanilla extract. Pour into sterilized KERR Jars and seal.

CRANBERRY JUICE

BOIL 4 cups cranberries in 4 cups water until skins burst (about 5 minutes). Strain juice through cheesecloth bag. Do not squeeze bag. Put juice in kettle, bring to boiling point, add $\frac{2}{3}$ cup sugar and boil for 2 minutes. Pour into sterilized KERR Jars and seal.

FRUIT JUICES (LEFT FROM CANNING)

ALL kinds of fruit juices may be preserved by pouring the boiling hot surplus juice left over from your regular canning into clean KERR Jars. Put on cap, screwing band firmly tight. Process according to table, page 9. (These juices form excellent beverages combined with lemon or orange juice.)

FRUIT JUICES

THE juices of such fruits as currants, blackberries, raspberries, elderberries and cherries may be canned. The flavor of these juices is better if the fruits are cooked and the juice pressed out. Select sound, ripe fruit. Crush and heat slowly to simmering point. Strain through a double thickness of cheesecloth. The addition of sugar will give a better flavor. If desired, add 1 cup of sugar to one gallon of juice. Bring juice to simmering point and pour into clean KERR Jars, to within $\frac{1}{2}$ inch of top. Put on cap, screwing band firmly tight. Process according to time table, page 9.

FRUIT PUNCH

$\frac{3}{4}$ cup sugar	1 cup orange juice
1 quart water	$\frac{1}{2}$ cup lemon juice
1 tablespoon grated lemon rind	
Grated rind of $\frac{1}{2}$ orange	

COOK sugar and water for 3 minutes. Add the other ingredients. Pour into clean KERR Jars. Put on cap,

HEALTHFUL



★ Fruit Juices add variety to the winter diet and are a rich source of vitamins. Fruit Juices should form an important part of our canning, because of their many uses for desserts and drinks.

screwing band firmly tight. Process according to time table, page 9.

FRUIT SYRUPS

SAME as fruit juices except that there must be at least as much sugar as fruit juice.

GRAPE JUICE

WASH sound ripe grapes. Cover them with water and heat slowly to simmering. Do not boil. Cook slowly until the fruit is very soft, then strain through a bag and add $\frac{1}{2}$ cup of sugar to each quart of the juice. Pour into clean KERR Jars. Put on cap, screwing band firmly tight. Process according to time table, page 9. The sugar may be omitted from this recipe and the juice used to make grape jelly when jars are opened.

QUICK GRAPE JUICE

WASH one cup grapes, put into clean KERR quart jar, add $\frac{1}{2}$ cup sugar, fill jar with boiling water. Put on cap, screwing band firmly tight. Process according to time table, page 9.

GRAPE JUICE LEMONADE

4 lemons	1 pint grape juice
1 $\frac{1}{2}$ pints water	1 cup sugar

MIX lemon juice with other ingredients. Bring to boil. Pour into clean KERR Jars. Put on cap, screwing band firmly tight. Process according to time table, page 9.

MINT JULEP

2 cups sugar	1 cup orange juice
1 quart water	Juice 8 lemons
12 sprigs fresh mint	1 cup strawberry juice
1 $\frac{1}{2}$ cups boiling water	1 pint grape juice

BOIL sugar with 1 quart water 20 minutes. Chop mint and pour over it $1\frac{1}{2}$ cups boiling water. Let

stand five minutes. Strain and add syrup. Add remaining ingredients and bring to boil—pour into clean KERR Jars. Put on cap, screwing band firmly tight. Process according to time table, page 9.

PEACH NECTAR

SELECT sound, ripe fruit. Peel and crush. Combine 4 cups of fruit with 4 cups of water and heat slowly to simmering. Press through colander, then through fine sieve. To each pound of the fruit pulp and juice, add $\frac{1}{4}$ pound of sugar. Bring to simmering temperature. Stir until sugar is well dissolved. Pour into clean KERR Jars. Put on cap, screwing band firmly tight. Process according to time table, page 9.

PEAR NECTAR

SELECT sound, ripe fruit. Peel and core. Crush pears and combine 4 cups of fruit with 3 cups water. Heat slowly to simmering and press through colander, then through fine sieve. To each pound of fruit pulp add $\frac{1}{2}$ pound sugar and juice of $\frac{1}{2}$ lemon, bring to simmering temperature. Pour into clean KERR Jars. Put on cap, screwing band firmly tight. Process according to time table, page 9.

PINEAPPLE JUICE

REMOVE peel from 1 large pineapple, grind, put into kettle with 1 cup of water and bring to boil. Strain juice through cheesecloth bag. Pour juice into

clean KERR Jars. Put on cap, screwing band firmly tight. Process according to time table, page 9.

STRAWBERRY RHUBARB JUICE

GRIND six (6) pounds of strawberry rhubarb through a food-chopper, then strain juice through jelly bag. Allow juice to stand 2 or 3 hours. Then carefully drain juice from sediment in bottom of kettle. Pour juice into clean KERR Jars, adding 4 tablespoons sugar to each pint. Put on cap, screwing band firmly tight. Process according to time table, page 9.

STRAWBERRY SHRUB

1 quart berries
2 lemons

1 cup sugar

SELECT ripe, sound berries. After washing and measuring crush berries, add sugar and lemon juice. Pour into jelly bag and let drip for one hour or more, stirring occasionally. Bring juice to boiling point and pour into clean KERR Jars to within $\frac{1}{2}$ inch of top. Put on cap, screwing band firmly tight. Process according to time table, page 9.

STRAWBERRY SYRUP

COOK several quarts of strawberries until the juice is extracted, or use the surplus juice from canning strawberries. For every pint of the strained strawberry juice, use $1\frac{1}{2}$ cups of sugar. Boil rapidly for 5 minutes and pour into sterilized KERR Jars and seal.



ARTICHOKES

WASH, trim off hard tip and outside leaves, using only the tender part. Precook 5 minutes in water to which vinegar has been added ($\frac{3}{4}$ cup vinegar to 1 gallon water). Drain. Pack into clean KERR Jars. Add 1 teaspoon salt to each quart jar if desired. Fill jar to within $\frac{1}{2}$ inch of top with boiling water. If desired a small amount of vinegar may be added to the water. Put on cap, screwing band firmly tight. Process according to time table, page 8.

ASPARAGUS

REMOVE scales from stalk. Wash thoroughly to remove all soil. Cut in jar lengths. Tie in bundles, place tips up in boiling water to cover lower tough portions. Cover vessel tightly. Precook 3 minutes. Drain, pack into clean pint KERR Jars, tips up. Add $\frac{1}{2}$ teaspoon salt to each jar if desired, fill jar to within $\frac{1}{2}$ inch of top with water in which vegetable was precooked or boiling water. Put on cap, screwing band firmly tight. Process according to time table, page 8.

BEANS (BOSTON BAKED)

2 cups navy beans	12 tablespoons catsup
$\frac{1}{4}$ pound salt pork	4 tablespoons brown sugar
2 teaspoons salt	1 large onion
2 tablespoons molasses	
3 teaspoons prepared mustard	
2 cups boiling water (from beans in last cooking)	

SOAK beans in cold water to cover, over night. Drain, add boiling water to cover, let simmer with soda ($\frac{1}{2}$ teaspoon) for about 15 minutes. Drain beans and cover again with boiling water. Boil 20 minutes. Slice the pork in the bottom of baking dish. Add the salt, molasses, mustard, catsup, sugar, onion (cut fine) and boiling water. Add beans and mix well. Add enough of the bean water to cover. Bake in hot oven (450° F.) for one hour. Pack while hot into clean KERR Jars. Put on cap, screwing band firmly tight. Process in pressure cooker for 60 minutes at 10 pounds or in water bath for 3 hours.

BEANS (LIMA)

WASH, shell and place in pan with boiling water to cover. Precook 3 minutes. Pack loosely to within 1 inch of top into clean KERR Jars. Add $\frac{1}{2}$ teaspoon salt to each pint jar if desired, fill to within $\frac{1}{2}$ inch of top with water in which vegetable was precooked or boiling water. Put on cap, screwing band firmly tight. Process according to time table, page 8.

BEANS (STRING)

WASH, string and cut in convenient lengths or leave whole. Proceed the same as for lima beans except to pack to within $\frac{1}{2}$ inch of top of jar. Process according to time table, page 8.

BEETS

USE small uniform beets. Wash carefully; leave roots and stems long. Boil 15 minutes, plunge into cold water, remove skins. Pack into clean KERR Jars. Add 2 teaspoons of salt and sugar mixture to each quart jar if desired. Fill to within $\frac{1}{2}$ inch of top with boiling water. Put on cap, screwing band firmly tight. Process according to time table, page 8.

BLACK-EYED OR FIELD PEAS

FOLLOW recipe for lima beans.

BROCCOLI

REMOVE the largest leaves, or stems. Wash through several waters, then precook 4 minutes. Pack into

clean KERR Jars. Add 1 teaspoon of salt to each quart jar if desired, fill jar to within $\frac{1}{2}$ inch of top with water in which vegetable was precooked or boiling water. Put on cap, screwing band firmly tight. Process according to time table, page 8.

BRUSSELS SPROUTS

FOLLOW recipe for cabbage.

CABBAGE

WASH, remove outside leaves. Cut into desired size pieces and precook for 5 minutes. Pack into clean KERR Jars. Add 1 teaspoon of salt to each quart jar if desired and fill to within $\frac{1}{2}$ inch of top with water in which vegetable was precooked or boiling water. Put on cap, screwing band firmly tight. Process according to time table, page 8.

CARROTS

GRADE for size and color. Wash thoroughly. Scrape

NOURISHING TASTY Vegetables

or pare to remove skins. Precook 5 minutes. Pack into clean KERR Jars. Add 1 teaspoon salt to each quart jar if desired. Fill to within $\frac{1}{2}$ inch of top with water in which vegetable was precooked or boiling water. Put on cap, screwing band firmly tight. Process according to time table, page 8.

CAULIFLOWER

FOLLOW recipe for broccoli.

CORN

USE only absolutely fresh corn that is tender and juicy. Husk, cut from cob, place in pan with enough boiling water to cover. Precook 3 to 5 minutes. Pack loosely to within 1 inch of top into clean KERR Jars and fill with water in which vegetable was precooked or boiling water to within $\frac{1}{2}$ inch of top. Add 1 teaspoon of salt and sugar mixture to each pint jar if desired. Put on cap, screwing band firmly tight. Process according to time table, page 8. Corn may be canned on the cob by following this recipe. The flavor of the corn on the cob will be improved if no liquid is added to the jar. Jars without liquid must be processed in the pressure cooker.

EGGPLANT (SLICED)

PEEL, cut in slices and precook for 5 minutes. Pack into clean KERR Jars. Fill to within $\frac{1}{2}$ inch of top

with water in which vegetable was precooked or boiling water, add 1 teaspoon of salt to each quart jar if desired. Put on cap, screwing band firmly tight. Process according to time table, page 8.

HOMINY

PUT hominy into kettle and precook 3 minutes. Pack into clean KERR Jars. Add 1 teaspoon of salt to each quart jar if desired. Fill jar to within ½ inch of top with water in which vegetable was precooked or boiling water. Put on cap, screwing band firmly tight. Process according to time table, page 8.

JERUSALEM ARTICHOKEs

FOLLOW recipe for parsnips; process in pressure cooker 40 minutes at 10 pounds or in water bath for 180 minutes.

KOHLRABI

FOLLOW recipe for carrots.

NOTE: All vegetables (except tomatoes) and meats canned at home should be boiled in an open vessel 10 to 15 minutes before tasting or using.

★ To precook vegetables, cover them with boiling water and **BOIL** for time suggested in recipe. In filling jars, pack the product to not more than ½ inch from top of jar. (Exception: Corn, peas, lima beans and such products should be packed only to within 1 inch of top.) For all packs, add water in which vegetables were precooked or boiling water to within ½ inch of top of jar. If desired, a salt and sugar mixture may be used to season such vegetables as corn, peas, beets and tomatoes. This is made by mixing 2 parts sugar to 1 part salt and adding 2 teaspoons of the mixture to each quart jar.

MUSHROOMS

WASH; leave small ones whole, cut large ones and precook 3 minutes. Pack into clean KERR Jars. Fill jars to within ½ inch of top with water in which vegetable was precooked or boiling water. Add 1 teaspoon of salt to each quart jar if desired. Put on cap, screwing band firmly tight. Process according to time table, page 8.

OKRA

SELECT young tender pods, wash well and remove stem end without cutting seed sections, precook 3 minutes. Drain thoroughly and pack quickly into clean KERR Jars. Add 1 teaspoon of salt to each quart jar if desired and fill to within ½ inch of top with boiling water. Put on cap, screwing band firmly tight. Process according to time table, page 8.

PARSNIPS

GRADE for size. Wash thoroughly. Scrape or pare to remove skin. Precook 5 minutes. Pack into clean KERR Jars. Fill to within ½ inch of top with water in which vegetable was precooked or boiling water. Add 1 teaspoon of salt to each quart jar if desired. Put on cap, screwing band firmly tight. Process according to time table, page 8.

PEAS

USE only young tender, freshly gathered peas. Shell,

wash and sort according to size. Precook 3 to 7 minutes, depending on the age and size of the peas. Pack loosely to within 1 inch of top into clean KERR Jars. Fill to within ½ inch of top with water in which vegetable was precooked or boiling water. Add 1 teaspoon of salt and sugar mixture to each pint jar if desired. Put on cap, screwing band firmly tight. Process according to time table, page 8.

PEPPERS

CAN the sweet bell pepper with the skin on. Remove the seed pod. Precook 3 minutes and pack tightly into clean KERR Jars. Fill to within ½ inch of top with water in which vegetable was precooked or boiling water. Add 1 teaspoon of salt to each quart jar if desired. Put on cap, screwing band firmly tight. Process according to time table, page 8.

PIMIENTO PEPPERS

SELECT ripe, sound peppers that are free from bruises. To remove the skin plunge the whole pepper into hot cooking oil 1 to 2 minutes, or boiling water 12 to 15 minutes, or place them in a moderately hot oven for 6 to 8 minutes. Then dip quickly into cold water, peel, stem and cut out seeds, pack in flattened layers into clean pint KERR Jars. Add no water or oil. Put on cap, screwing band firmly tight. Process according to time table, page 8.

PUMPKIN (FOR PIE FILLING)

CUT in medium size pieces. Steam or bake until tender. Remove the pulp from shell and pack into clean KERR Jars, put on cap, screwing band firmly tight. Spices may be added if desired. Process according to time table, page 8.

RUTABAGAS

FOLLOW recipe for parsnips.

SALAD MIXTURES

A COMBINATION of such vegetables as peas, celery, corn, carrots, etc., placed in layers in jars may be canned for salads, but in doing so be sure to process the mixture for time necessary for the vegetable requiring longest processing. Each vegetable should be prepared and precooked separately as for canning.

SALSIFY (OR OYSTER PLANT)

FOLLOW recipe for carrots.

SAUERKRAUT

USE good, sound heads of mature cabbage. 1 pound of salt with 40 pounds of cabbage; 2 ounces (3½ tablespoons) with 5 pounds cabbage. 1 pound fills 1 pint glass jar.

Remove outside green and dirty leaves. Quarter the head and slice off the core. Shred the cabbage finely and put 5 pounds cabbage and 2 ounces of salt into a large pan and mix with the hands. Pack gently into the crock with a potato masher. Repeat until crock is nearly full. Cover with a cloth, plate and weight. Fermentation will be complete in 10 to 12 days.

As soon as kraut is thoroughly cured, pack into clean KERR Jars, adding enough of the kraut juice, or a weak brine made by dissolving 2 tablespoons salt to a quart of water, to fill jars to within ½ inch of top. Put on cap, screwing band firmly tight. Process in water bath for 15 minutes. During the curing process, kraut requires daily attention. Remove the scum as it forms and wash and scald the cloth often, to keep it free from scum and mold.

SAUERKRAUT (MADE IN JARS)

SELECT, prepare and mix cabbage with salt as in preceding recipe. Pack solidly into clean KERR Jars. Fill jars with cold water. Put on cap, screwing band firmly tight. This will ferment for 3 or 4 days and will be ready for use in 4 to 6 weeks.

SOYBEANS

GREEN soybeans of varieties suitable for table use may be canned. Follow recipe for lima beans except process soybeans in pressure cooker 80 minutes at 10 pounds or 210 minutes in water bath.

SPINACH—GREENS OF ALL KINDS

WASH carefully and precook in live steam or place in kettle with just the water clinging to the leaves after the last washing and precook until wilted. Pack at once into clean KERR Jars, being careful not to press too tightly. Add 1 teaspoon salt to each quart jar if desired and fill to within $\frac{1}{2}$ inch of top with boiling water. Put on cap, screwing band firmly tight. Process according to time table, page 8.

SQUASH (CHAYOTE, ZUCCHINI OR ITALIAN, OR SUMMER)

WASH, precook 3 to 5 minutes. Pack. Fill to within $\frac{1}{2}$ inch of top with water in which vegetable was precooked or boiling water. Add 1 teaspoon salt to each quart jar if desired. Put on cap, screwing band firmly tight. Process according to time table, page 8.

SQUASH (CROOKNECK, HUBBARD OR BANANA) FOLLOW recipe for pumpkin, omitting spices.

SWEET POTATOES

WASH, boil or steam for 20 minutes, and remove skins. Pack into clean KERR Jars. Do not add water. Put on cap, screwing band firmly tight. Process according to time table, page 8.

TOMATOES

WASH tomatoes in clear water, then scald in boiling water only long enough to remove peel (about $\frac{1}{2}$

minute). Plunge in cold water if necessary—peel, core, quarter and pack into clean KERR Jars. Add no water. Add 1 teaspoon salt to each quart jar if desired. Put on cap, screwing band firmly tight. Process according to time table, page 8.

TOMATOES (FOR SALAD) No. 1

WASH tomatoes in clear water, then scald in boiling water only long enough to remove peel (about $\frac{1}{2}$ minute). Plunge in cold water if necessary—peel, core and pack into clean KERR Jars. Fill jars to within $\frac{1}{2}$ inch of top with tomato juice or water, put on cap, screwing band firmly tight. Process according to time table, page 8.

TOMATOES (FOR SALAD) No. 2

SELECT tomatoes that are uniformly ripe and free from bruises or any indication of decay. Wash, then scald in boiling water only long enough to remove peel (about $\frac{1}{2}$ minute). Peel, core and pack into sterilized KERR Jars to within $\frac{1}{2}$ inch of top. Add 1 teaspoon salt to each quart jar. Cover with boiling tomato juice or boiling water. Put on cap, screwing band firmly tight. Set jars of tomatoes into wash boiler or bucket which contains water that is boiling rapidly. Place cover or lid on vessel and remove from fire. Let jars stand in this water until cold, then remove. Do not crowd jars in vessel. BE SURE there is at least one gallon of water for each quart jar placed into the vessel.

TOMATO JUICE

SELECT firm, ripe tomatoes. Wash well, peel and drain. Cut in sections. Simmer until softened. Stir occasionally to prevent burning. Put through sieve fine enough to remove seeds. Bring juice to boiling and pour immediately into sterilized KERR Jars, filling to within $\frac{1}{2}$ inch of top. Put on cap, screwing band firmly tight. Process in water bath, 5 minutes.

TURNIPS

FOLLOW recipe for parsnips.



DELICIOUSLY SATISFYING

Soups



ASPARAGUS SOUP

THE tough part of asparagus may be used. Cook in water to cover. When soft, press through sieve. Pack into clean KERR Jars, add 1 teaspoon of salt to each quart jar if desired. Put on cap, screwing band firmly tight. Process according to time table, page 8.

CHICKEN SOUP STOCK

SUCH bony pieces as back, neck, feet and wings may be used. Cover with cold water and allow to simmer for several hours. Seasoning such as a small amount of onion and celery may be added. Simmer until meat can be removed from bones. Cook down until very strong. Strain and pour into clean KERR Jars to within 1 inch of the top. Put on cap, screwing band firmly tight. Process according to time table, page 8.

CLAM BROTH

USE fresh clams. Open and place them in kettle with their own liquid. Add enough water to cover and season with salt, pepper and celery cut fine. Precook 10 minutes. Strain and pour into clean KERR Jars. Put on cap, screwing band firmly tight. Process according to time table for Clam Chowder, page 8.

CLAM CHOWDER

- | | |
|------------------------------|--------------------------|
| 4 potatoes (diced) | |
| 1 pound clams (chopped fine) | ½ teaspoon paprika |
| 2 onions (chopped fine) | 2 tablespoons butter |
| 2 stalks celery | Salt and pepper to taste |

MIX all ingredients. Precook 10 minutes. Pack into clean KERR Jars. Put on cap, screwing band firmly tight. Process according to time table, page 8.

FISH CHOWDER

FOLLOW recipe for Clam Chowder.

PEA SOUP

PRECOOK the peas until soft in water to cover. Remove from fire and press through sieve. Pour into clean KERR Jars and add 1 teaspoon salt to each quart if desired. Put on cap, screwing band firmly tight. Process according to time table, page 8.

SOUP STOCK

COVER bones and trimmings of meat with water. Season and cook about two hours. Remove meat and bones. The stock may or may not be strained. Pour into clean KERR Jars. Put on cap, screwing band firmly tight. Process according to time table, page 8.

TOMATO PUREE

- | | |
|-----------------|-----------------------------|
| 1 onion | 3 sweet peppers |
| 3 stalks celery | ½ peck (6¼ pounds) tomatoes |

SIMMER all ingredients until soft. Press through sieve, season with salt and pepper. Pour into clean KERR Jars. Put on cap, screwing band firmly tight. Process according to time table, page 8.

TOMATO SOUP

- | | |
|-------------------------|-----------------------|
| 14 quarts ripe tomatoes | 14 tablespoons flour |
| 7 medium sized onions | 14 tablespoons butter |
| 1 stalk celery | 4 tablespoons salt |
| 14 sprigs parsley | 8 tablespoons sugar |
| 3 bay leaves | 2 teaspoons pepper |

WASH and cut up tomatoes, place in kettle to heat. Chop onions, celery, parsley and bay leaves. Add to tomatoes and cook until celery is tender. Put mixture through sieve. Rub flour and butter into smooth paste thinned with tomato juice. Add to the boiling soup, stirring to prevent burning. Add salt, sugar and pepper. Soup will have smoother consistency if put through a sieve again. Fill clean KERR Jars to within ½ inch of top. Put on cap, screwing band firmly tight. Process in water bath for 15 minutes.

VEGETABLE SOUP MIXTURES

- | | |
|-----------------------------|------------------------|
| 1 large onion (cut fine) | 2 cups okra (cut fine) |
| 1 quart tomatoes (cut fine) | 2 cups corn (cut fine) |

MIX all vegetables and cook 10 to 15 minutes, stirring frequently. Pack loosely into clean KERR Jars to within ½ inch of top. Add 2 teaspoons salt and sugar mixture to each quart jar. Put on cap, screwing band firmly tight. Process in pressure cooker 40 minutes at 10 pounds or 3 hours in water bath.

Any combination of vegetables may be used. Precook each vegetable required length of time. Pack into clean KERR Jars. Process mixture length of time necessary for vegetable needing longest processing.

SUCCESSFUL Jelly Making

★ BY TESTED METHODS

PREPARING THE FRUIT

1. Select a mixture of slightly underripe and ripe fruit and prepare it in small lots at a time.
2. Wash fruits thoroughly, discarding any spoiled parts.
3. Cut hard fruits, such as crab apples, quinces and apples into pieces. Berries and currants may be slightly crushed.
4. Add enough water to barely cover hard fruits (about one pint water for each pound of fruit). Currants, grapes and berries need only enough water to start them cooking (about $\frac{1}{4}$ cup water for each quart of fruit). Boil until fruit is tender.
5. Pour the hot cooked fruit at once into a jelly bag and let drip. When dripping has almost ceased, press jelly bag. Re-strain juice through a fresh jelly bag to make juice as clear as possible.

PECTIN

PECTIN is that substance in some fruits that when heated and combined with fruit acid and sugar causes the substance to congeal or "jell". All fruit does not contain this substance, but the homemaker may extract the pectin from fruits that are known to contain it, such as apples, plums, quinces, etc., and combine it with other fruit juices and feel quite confident that she can make jelly, or use Jelly Compounds (commercially prepared pectin).

TO TEST JUICE FOR PECTIN

IT IS necessary to test the juice for pectin to determine whether it contains sufficient pectin to make jelly. The amount of pectin will indicate the amount of sugar to be used.

1. To one teaspoon of cooked juice, add one teaspoon of grain alcohol and stir slowly. Wood or denatured alcohol may be used but DO NOT TASTE as the latter two are POISON.
 - (a) Juices rich in pectin will form a large amount of bulky gelatinous material.
 - (b) Juices moderately rich in pectin will form a few pieces of gelatinous material.
 - (c) Juices poor in pectin will form small flaky pieces of sediment.
2. Or mix 2 teaspoons sugar, 1 tablespoon Epsom Salts, 2 tablespoons cooked fruit juice. Stir

well and let stand for 20 minutes. If mixture forms into a semi-solid mass the juice contains sufficient pectin.

Pectin must be added to juices poor in pectin by adding other juice which is high in pectin (see pectin recipe, page 23) or commercial pectin may be used.

TO TEST FOR ACID

JUICES rich in pectin may lack acid to make good jelly. No simple household method can be used except tasting the juice for tartness. Lemon juice may be added if necessary to give acid content.

ADDING THE SUGAR

THE amount of sugar to be added will be determined by the pectin and acid content of the juice.

The less pectin the less sugar used.

For juices rich in pectin use $\frac{3}{4}$ cup of sugar to 1 cup of juice; for juices poor in pectin, add only $\frac{1}{2}$ cup of sugar. The juice should be boiling when the sugar is added. Cooking of jelly should be done as rapidly as possible.

As a rule jellies and preserves made in small quantities are more satisfactory. Work with not more than 6 to 8 cups of juice at a time. A good jelly should retain its shape, be clear, and tender. Fruit juices may be canned during summer and made into jellies as wanted.

TESTING FOR THE JELLY POINT

DIP a spoon or wooden paddle in syrup. As the boiling mass nears the jelling point it will drop from the side of spoon in two drops. When the drops run together and slide off in a flake or sheet from the side of the spoon, the jelly is finished and should be removed from the fire at once.

Remove the foam from the jelly and pour at once into sterilized KERR JELLY GLASSES. The glasses should be dry. Fill glasses with jelly only to within $\frac{1}{4}$ inch of the top.

A candy or jelly thermometer may be used in testing for the finished jelly. The temperature of the boiling juice at the jelling point will be from 220° to 222° F. at sea level. At higher altitudes the temperature will be lower.

SEALING WITH PARAFFIN

AS soon as the jelly has set it is ready to seal. With a damp cloth remove any particles of the jelly that may be on the glass above the surface of the jelly. Melt paraffin in a pan over low fire until it is quite hot. Pour a thin layer of the melted paraffin over the jelly. Slightly rotate the glass as soon as the paraffin is poured on so the paraffin will stick to the glass above the surface of the jelly. This makes a good seal. Place the clean dry lid on the jelly glass. Label and store jelly in a cool, dry place.

To make jelly with white corn syrup or honey use $\frac{3}{4}$ cup of white corn syrup to each cup of fruit juice or use 1 cup of honey for each cup of sugar called for in the recipe. Proceed the same as for jellies made with sugar.

★ FRUITS AND COMBINATIONS OF FRUITS MAKING GOOD JELLY

Apple; Apple and Mint	Currant and Apple	Grape and Apricot	Loganberry and	Pineapple and Quince
Apple and Strawberry	Currant and Apricot	Grape and Orange	Pineapple	Plum
Apricot and Plum	Currant and Pear	Grapefruit	Orange	Plum and Raspberry
Blackberry	Currant, Peach and	Grapefruit and Cherry	Orange and Apple	Quince
Crab Apple	Pineapple	Grapefruit and Roselle	Orange and Pineapple	Quince and Apple
Crab Apple and Cherry	Fig; Fig and Lemon	Lemon	Orange and Plum	Quince and Apricot
Crab Apple and	Grape	Lemon and Cherry	Peach and Lemon	Raspberry
Raspberry	Grape, Muscadine	Lemon and Raspberry	Peach and Apple	Raspberry and Currant
Currants, all kinds	Grape and Apple	Loganberry	Peach and Quince	Roselle



APPLE JELLY

APPLE jelly may be made from parings and cores of tart apples used in other canning. Discard all faulty parts. Cover with water and cook until fruit is quite done. Strain twice. Add $\frac{3}{4}$ cup sugar to 1 cup of boiling juice. Boil rapidly to jelly stage. Pour into sterilized KERR Jelly Glasses.

BLACKBERRY JELLY

NO. 1—Put one quart of freshly gathered and slightly underripe whole berries in pan with no sugar or water—cook until done. Take off stove and strain and measure, then put juice back on stove and bring to a boil. Add $1\frac{1}{2}$ cups of sugar to each cup of juice. Take off fire immediately and stir until sugar is dissolved. Pour into sterilized KERR Jelly Glasses.

No. 2—Same as grape jelly.

CRAB APPLE JELLY

SELECT sound crab apples. Wash and remove blossom end. Cut into quarters without peeling. Barely cover with water and boil until fruit is tender. Strain juice through jelly bag. Measure and bring juice to boiling point. Add $\frac{3}{4}$ cup of sugar for each cup of juice and boil rapidly to jelly stage. Pour into sterilized KERR Jelly Glasses.

CRAB APPLE AND RHUBARB JELLY

2 cups crab apple juice 3 cups sugar
2 cups rhubarb juice

WASH and remove blossom end from crab apples. Cut into quarters without peeling. Barely cover with water. Boil fruit until tender. Strain juice through jelly bag. Wash rhubarb and cut into 1 inch pieces. Add small amount of water to start rhubarb cooking; boil until tender. Strain juice through jelly bag. Mix with the crab apple juice. Measure and bring juice to boiling point. Add sugar. Boil rapidly to jelly stage. Pour into sterilized KERR Jelly Glasses.

CRANBERRY JELLY

1 quart cranberries 1 cup water 2 cups sugar

PICK over and wash berries, add water and cook in covered saucepan until soft. Strain through sieve or jelly bag. Add sugar to juice and boil rapidly to jelly stage. Pour into sterilized KERR Jelly Glasses.

CURRENT JELLY (SPICED)

5 pounds currants 1 tablespoon whole cloves
1 ounce stick cinnamon Sugar

WASH currants but do not remove stems; mash slightly to start juice; cook slowly until currants look white. Drain in jelly bag. Tie spices in cheesecloth and boil in extracted juice 10 minutes. Remove spices, measure juice, and for each cup juice add $\frac{3}{4}$ cup sugar. Boil rapidly to jelly stage. Pour into sterilized KERR Jelly Glasses.

GRAPE JELLY

WASH and stem grapes. Crush grapes, add small amount of water and boil 15 minutes. Press through a jelly bag and strain. Measure juice and heat to boiling point. For each cup of juice add $\frac{3}{4}$ cup of sugar. Boil rapidly to jelly stage. Pour into sterilized KERR Jelly Glasses. Crystals frequently form in grape jelly. To prevent this allow the extracted juice to stand overnight in a cool place. Next morning carefully pour the juice off the sediments in the bottom of the pan.

GRAPE AND LEMON JELLY

5 pounds grapes 3 lemons Sugar

WASH grapes, slice lemons very thin. Cook slowly,

Jellies

OLD FAVORITES AND NEW

★ Nothing recalls the beauty and fragrance of an orchard or vineyard like the aroma and delectable flavor of a good glass of jelly. A clear, tender, sparkling, quivering mould is a refinement to any table and has a subtle appeal to the appetite. KERR Jelly Glasses are made in several sizes, and in plain and ornate designs which make beautiful moulds.

stirring often, until skins have almost entirely separated from pulp. Drain in jelly bag. Measure and bring extracted juice to a boil, and add $\frac{3}{4}$ cup sugar to each cup juice; boil rapidly to jelly stage. Pour into sterilized KERR Jelly Glasses.

LOQUAT JELLY

GATHER loquats when full size, but still hard and only partially turned in color. Wash, remove blossom ends, place on fire in cold water, barely covering. Cook slowly until pulp is very soft and juice entirely free. Drain, cook down until juice is thick and cherry colored, then add an equal amount of sugar. Boil rapidly to jelly stage. Pour into sterilized KERR Jelly Glasses.

MINT JELLY

1 cup mint leaves (packed tightly)
1 cup boiling water $\frac{3}{4}$ cup sugar
1 cup apple juice Green vegetable coloring

POUR boiling water over mint leaves. Allow to steep one hour. Press juice from the leaves. Add 2 tablespoons of this extract to apple juice and sugar. Boil rapidly to jelly stage. Tint with green vegetable coloring. Pour into sterilized KERR Jelly Glasses.

ORANGE JELLY

Juice of 6 lemons
6 whole oranges sliced, peeling and all

EXTRACT lemon juice and measure. To the lemon juice add 3 times as much water. Slice the oranges and pour the lemon juice mixture over them. Let stand over night. Boil until soft, strain through a double cheesecloth bag. To every two cups of juice add $1\frac{3}{4}$ cups sugar. Boil rapidly to jelly stage. Pour into sterilized KERR Jelly Glasses. If Orange Pineapple Jelly is desired, add $\frac{1}{4}$ cup of pineapple juice to every $1\frac{1}{2}$ cups of the orange mixture.

ORANGE AND MINT JELLY

6 oranges 1 cup chopped mint
Juice 1 lemon Sugar Green vegetable coloring

REMOVE outside yellow rind from oranges, leaving as much of white on as possible. Slice or put through food chopper. Add juice of 1 lemon, 2 cups water; bring to boiling point; boil 5 minutes. Let stand over night. Add mint, 4 cups water, bring to boil. Boil 10 minutes. Drain in jelly bag. Measure and bring to boil; add equal amount of sugar; boil rapidly to jelly stage. Tint a delicate green with vegetable coloring. Pour into sterilized KERR Jelly Glasses.

PEACH JELLY

PEACHES or peach peeling may be used. Cover with water and boil until juice is well extracted. To each pint of this peach juice add 1 pint of apple pectin and juice of half lemon. Bring to boil and add $\frac{3}{4}$ cup of sugar to each cup of juice. Boil rapidly to jelly stage. Pour into sterilized KERR Jelly Glasses.

PINEAPPLE JELLY

2 cups pineapple juice 3 cups sugar
2 cups tart apple juice

PEEL fresh pineapple. Remove the core. Partly cover the pineapple with water. Boil until fruit is tender. Strain juice through jelly bag. Wash tart apples. Cut into quarters without peeling and barely cover with water. Cook until fruit is tender. Strain juice through jelly bag. Mix 2 cups of pineapple juice with 2 cups of the apple juice and bring to the boiling point. Add 3 cups of sugar and boil rapidly to the jelly stage. Pour into sterilized KERR Jelly Glasses.

PLUM JELLY

WASH plums, cover with cold water and boil until plums are quite soft. Press juice through jelly bag, strain and measure. Bring juice to a boil, add one cup sugar for each cup of juice and boil rapidly to jelly stage. Pour into sterilized KERR Jelly Glasses.

PLUM AND ORANGE JELLY

5 pounds plums (10 cups, cut up) 1 lemon
6 oranges Sugar

WASH plums, cover with water, add oranges and lemons after slicing or chopping. Cook until plums are soft. Drain in jelly bag. Boil the extracted juice 15 minutes, measure and to every 4 cups juice, add $3\frac{1}{2}$ cups sugar. Boil rapidly to jelly stage. Pour into sterilized KERR Jelly Glasses.

QUINCE JELLY

CUT quinces in small pieces, cover with water and cook until tender. Strain juice through jelly bag and measure. Bring juice to a boil and add 1 cup of sugar for each cup of juice. Boil rapidly to jelly stage. Pour into sterilized KERR Jelly Glasses.

QUINCE AND CRANBERRY JELLY

4 pounds cranberries $3\frac{1}{2}$ pounds quinces
6 cups water Sugar

WASH cranberries and boil in the 6 cups of water until the berries burst open. Strain juice through jelly bag. Wash and rub fuzz from quinces, quarter and remove cores. Cover with 1 pint of water per pound of fruit; boil 30 minutes or until tender. Strain juice through jelly bag. There should be about $3\frac{1}{2}$ cups juice of each fruit. Combine juices and heat to boiling point. Add $\frac{3}{4}$ cup of sugar to each cup of juice. Boil rapidly to jelly stage. Pour into sterilized KERR Jelly Glasses.

ROSE GERANIUM JELLY

SELECT sound, tart apples. Wash and cut off blossom ends. Do not remove peeling or cores. Cut into quarters and barely cover with water. Cook until fruit is tender. Strain juice through jelly bag and measure. Bring to boiling point and add $\frac{3}{4}$ cup of sugar for each cup of juice. Boil rapidly to jelly stage and when almost done, immerse in the boiling jelly 2 or 3 rose geranium leaves. These will wilt quickly and give off their flavor. Tint with rose vegetable coloring. Pour into sterilized KERR Jelly Glasses.

SPICED JELLY

1 peck wild grapes $\frac{1}{4}$ cup stick cinnamon
1 pint vinegar 6 pounds sugar
 $\frac{1}{4}$ cup whole cloves

REMOVE stems from grapes, put in preserving kettle with vinegar and spices, and cook until grapes are soft. Strain through double cheesecloth or jelly bag and boil liquid 20 minutes. Measure and add one cup sugar for each cup of juice, boil rapidly to jelly stage. Pour into sterilized KERR Jelly Glasses.

STRAWBERRY JELLY

1 cup apple pectin 1 cup sugar
1 cup strawberry juice

BRING pectin and strawberry juice to boil. Add sugar and boil rapidly to jelly stage. Pour into sterilized KERR Jelly Glasses.

STRAWBERRY-RHUBARB JELLY

4 cups juice 8 cups sugar 1 bottle fruit pectin

TO PREPARE fruit, cut about 1 pound fully ripe rhubarb in 1 inch pieces and put through food chopper. Crush thoroughly or grind about 2 quarts fully ripe strawberries. Combine fruits; place in jelly cloth or bag and squeeze out juice. Measure sugar and juice into large saucepan and mix. Bring to a boil over hot fire and at once add pectin, stirring constantly. Then bring to a full rolling boil and boil hard $\frac{1}{2}$ minute. Remove from fire, skim, pour quickly into sterilized KERR Jelly Glasses.

APPLE PECTIN

2 pounds apple pulp (or skins and cores)
4 cups water Juice of 1 lemon

BOIL for 40 minutes. Press the juice through a cloth bag, then strain this juice through a flannel bag without pressure. Boil juice rapidly 15 minutes. Seal in sterilized KERR Jars and use for jelly making from such fruits as peaches, strawberries, cherries, etc., or those fruits that are lacking in pectin. Add 1 cup apple pectin for each cup of other fruit juice used. Usually $\frac{3}{4}$ cup sugar to 1 cup of the combined juices is correct, or test combined juices for pectin content. (page 20).

ORANGE OR LEMON PECTIN

USE only the white peel of oranges or lemons. Wash the fruit and grate off the yellow rind. For each pound of the fresh white peel, use 2 quarts of water and 1 tablespoon of tartaric acid. Add the acid to the water and stir until dissolved. Put the fresh peel in a pan and cover with the acid solution. Allow the mixture to stand for an hour or two. Measure the depth of the mixture in the pan. Boil rapidly and stir constantly until the volume is reduced to half. Strain through four thicknesses of cheesecloth.

Make two more extractions in this same way, using 2 quarts of water and 1 tablespoon of tartaric acid to the pomace each time. It is not necessary to allow the mixture to stand after the first time.

Combine the 3 extractions. There should be about $2\frac{1}{2}$ pints. Bring the pectin to the boiling point. Pour into clean KERR Jars. Put on cap, screwing band firmly tight. Process in water bath 30 minutes at simmering temperature (180° F.). To make jelly from fruit juices lacking in pectin use $\frac{1}{4}$ cup of this pectin to each cup of fruit juice. Usually 1 cup of sugar to each cup of the combined fruit juice and pectin is correct.

BERRY PRESERVES

5 pounds berries

3 pounds sugar

WASH and pick over the berries, let cook slowly until the juice is extracted, add sugar, then boil rapidly for 20 minutes. Pour into sterilized KERR Jars and seal.

CHERRY SUNSHINE PRESERVES

1 quart seeded sour cherries

4 cups sugar

½ cup light corn syrup

PLACE a cup of cherries in saucepan and cover with a cup of sugar. Alternate the layers of cherries and sugar, mixing thoroughly after each addition. Thoroughly mix in the corn syrup and bring fruit to boiling point. Boil 15 minutes, shaking the pan occasionally. Pour into a crock or enamel vessel and let stand 24 hours, stirring occasionally. These will be much improved if the crock is covered with glass and set out in the hot sunshine for a day, stirring once or twice to turn the cherries over. Pour into sterilized KERR Jars without further heating and seal.

CITRON PRESERVES (VINE CITRON)

PEEL and seed citron, cut in 3 to 4 inch pieces. Cover with water. Cook until citron can be pierced with a straw. Skim out upon platter and add sugar in proportion of 1½ pounds to each pint of juice. Cook until scum quits rising. Put citron back and boil until clear (over 1 hour). Take citron out and boil juice 15 minutes. Slice into juice 3 lemons to each 4 quarts and boil 15 minutes. Use lemon juice and peel, removing all seeds. Fill sterilized KERR Jars with fruit to within ½ inch of top and add hot juice to this level. Seal immediately.

CRAB APPLE PRESERVES

SELECT uniform and perfect crab apples, wash, remove blossom end. Leave stems on and do not peel. Make a syrup by boiling 6 cups sugar and 3 cups water together for 5 minutes. Add crab apples to the syrup and boil until they are tender and transparent. Pour into sterilized KERR Jars and seal.

CRANBERRIES (PRESERVED)

1 quart cranberries 1½ cups sugar 1½ cups water

DROP berries in syrup, boil until skins crack. Pack berries into sterilized KERR Jars. Boil juice until thick; pour over berries and seal.

CURRENT PRESERVES

SAME as berry preserves except use pound of sugar to each pound of fruit.

FIG PRESERVES

SIX quarts figs sprinkled with cup baking soda, then about 6 quarts boiling water poured over them. Let stand 15 minutes, then drain and rinse figs in clear, cold water. While they are draining from last rinse, prepare syrup by mixing 4 pounds sugar (8 cups) with 3 quarts water, bring to boil, boil hard 10 minutes and skim, then slowly drop figs into it, a few at a time so as not to cool syrup. Cook rapidly until figs are transparent. Lift out and place them in shallow pans, boil syrup down until thick, pour over figs and let stand until morning. Then pack into clean KERR Jars and process in water bath for 20 minutes at simmering temperature (180° F.), or bring to boil and then pack into sterilized KERR Jars and seal. Sliced lemon or sliced preserved ginger may be added.

GRAPE PRESERVES

CUT grapes in halves and remove seeds. Measure and add an equal amount of sugar. Cook gently, stirring

frequently until of jelly-like consistency. Pour into sterilized KERR Jars and seal.

GREEN TOMATO PRESERVES

SAME as ripe tomato preserves, except do not peel.

KUMQUAT PRESERVES

2 pounds whole kumquats (after cooking)

2 pounds sugar

1 quart water

SPRINKLE fruit with dry soda (about one heaping tablespoon of soda to one quart of fruit). Cover with boiling water and let stand until cool. Pour soda water off and rinse fruit through 2 or 3 changes of cold water. Drain well and stick each kumquat to prevent bursting. Drop in sufficient boiling water to cover and cook 10 or 15 minutes (until tender). Boil sugar and water together for 10 minutes. Add

Preserves

COLORFUL AND TASTY

★ When fruits or a mixture of fruits are combined with an equal amount or ¾ as much sugar as fruit and cooked until the syrup is quite thick and the fruit transparent or shiny, the product is a preserve. Preserves may be sealed hot but standing in the syrup unsealed after cooking helps to plump the fruit and prevent it from separating from the syrup. When cooking is complete the preserves may be poured into shallow pans and allowed to cool or poured immediately into sterilized KERR JARS and allowed to set unsealed until the preserves are cold. When preserves are cold, tighten KERR Mason Cap on jar and process the jars 20 minutes at simmering temperature in water bath or cover the surface of the preserves with melted paraffin. See page 20 for detailed information on sealing with paraffin.

TO MAKE preserves, jams, butter, conserves and marmalades with white corn syrup or honey, substitute 1 cup of white corn syrup or 1 cup of honey for each cup of sugar called for in recipe. Then proceed same as recipe instructs. Stir frequently during boiling period as sugar substitutes cause more sticking.

drained kumquats and cook until fruit is clear and transparent. Carefully place fruit into trays, pour syrup over it and allow to remain overnight to plump. Reheat and pack kumquats into sterilized KERR Jars. Boil syrup to desired consistency and fill jars to within ½ inch of top, and seal immediately.

PEACH PRESERVES

1 pound sliced underripe peaches (3 cups)

¼ cup water

Sugar

COOK the peaches in the water for about 5 minutes or until barely tender. Keep heat low and watch so the peaches will not scorch. Drain off juice and for each cup of juice add 2 cups sugar. Boil until the sugar spins a thread. Then add the peaches and cook very rapidly 4 or 5 minutes. Remove from fire, skim if necessary. Let stand in a shallow bowl or tray for 24 hours. Pack into sterilized KERR Jars and seal.

PEAR PRESERVES

1 quart pears (sliced or chopped)

1½ cups sugar

1 cup water or juice

2 or 3 slices of lemon (if desired)

PARE fruit (if hard, cook until tender in water).

Make syrup of liquid and sugar, add fruit to partly cooled syrup and bring gently to boil. Add lemon, if desired. Boil rapidly until clear and tender, cool rapidly. Stand in syrup to plump. Pack fruit into sterilized KERR Jars and add reheated syrup to within ½ inch of top. Seal immediately.

PINEAPPLE PRESERVES

1 pound pineapple 1½ cups sugar Little water

PARE, remove eyes of pineapple; slice, taking out core, or cut into sticks lengthwise, or cut the sticks into cubes, or grate. Put sugar and fruit into preserving kettle with small amount of water and cook for 20 minutes. Pour into sterilized KERR Jars and seal.

PLUM PRESERVES

2 cups plums cut off seeds 1½ cups sugar



WASH fruit, cut off the seeds and measure. Put the sugar over the plums and let stand for 3 or 4 hours. Cook rapidly, stirring frequently, until liquid gives jelly test. Pour into sterilized KERR Jars and seal.

PUMPKIN PRESERVES

5 pounds pumpkin 3 lemons, sliced thin
4 pounds sugar 1 orange, sliced thin

REMOVE peel, cut raw pumpkin in slices ¼ inch thick and 1 or 2 inches long. Place in stone or earthen utensil. Add sugar. Let mixture stand over night. Drain pumpkin from liquid and boil liquid until it spins a thread. Add sliced pumpkin, lemons and orange and a few grains of salt. Cook until thick and clear. Pour into sterilized KERR Jars and seal.

QUINCE-APPLE PRESERVES

PARE the quinces and use ½ as many apples as you have quinces. Weigh and for each pound of fruit use ½ pound of sugar. Cook the quinces in boiling water until tender, then add the sugar and apples

and cook until the apples are tender. Pour into sterilized KERR Jars and seal.

RASPBERRY-STRAWBERRY-CHERRY PRESERVES

2 pints raspberries Equal amount of sugar
2 pints strawberries by weight, of all fruits
1 or 1½ pounds cherries

COMBINE all ingredients and boil 25 minutes. Add ½ cup lemon juice and boil 2 minutes more. Remove from fire and allow to cool. When cold pour into sterilized KERR Jars and seal. When these preserves are finished, they may look as if they are too thin, but consistency thickens upon standing and after being packed into jars.

STRAWBERRY PRESERVES No. 1

2 heaping quarts strawberries
9 cups sugar 1 cup water

WASH and hull strawberries before measuring. Put sugar and water into large preserving kettle, stir and boil until sugar is well dissolved. Add the strawberries. Boil 15 minutes (rolling boil). Do not stir but shake kettle and skim. Pour into flat pans or trays and shake occasionally until cold. The shaking is the secret of success. It causes the berries to absorb the syrup and remain plump and whole. Put into sterilized KERR Jars when cold. Never cook more than 2 quarts at a time. Best to shake all the time while cooking and cooling.

STRAWBERRY PRESERVES No. 2

1 pint strawberries (after stemming) 1 pint sugar

BOIL together for 10 minutes. Remove from fire. Cool. Add another pint of strawberries and another pint of sugar. Boil 10 minutes more. Allow to stand until cold. Pour into sterilized KERR Jars and seal.

SUNSHINE STRAWBERRY PRESERVES

8 cups strawberries 9 cups sugar Juice 1 lemon

WASH berries and put into preserving kettle in alternate layers with sugar. Add lemon juice and heat slowly to boiling. Boil gently 10 minutes. Pour into sterilized KERR Jars and set in sun for 3 days. Seal with paraffin. While in sun a sheet of glass should be placed over jars to keep out foreign matter.

TOMATO PRESERVES

5 pounds ripe tomatoes
4 pounds sugar 2 lemons sliced thin

SCALD and peel tomatoes. Add sugar and let stand overnight. Drain off juice and boil it rapidly until it spins a thread when dropped from spoon. Add tomatoes and lemons and boil until they are thick and clear. Pour into sterilized KERR Jars and seal.

WATERMELON RIND PRESERVES

SELECT melons with thick rinds. Peel off all green portion using only the white part of the rind. Cut into small dice. Soak in mild salt water over night (½ cup salt to 1 gallon water). Remove from the salt water and cook in clear water for about 30 minutes or until tender. Drain well. For 4 pounds of the melon rind, make a syrup of 9 cups sugar, 8 cups water, 4 lemons sliced, and add 4 teaspoons stick cinnamon, 4 teaspoons cloves (tie spices in cheese-cloth bag). Boil the syrup and spices 5 minutes before adding the rinds. Add rinds and cook until transparent and clear. Remove spice bag, pour into sterilized KERR Jars and seal.

Tasty Jams

A WELCOME ADDITION TO ANY MEAL

AMBER JAM

1 orange
1 lemon

1 grapefruit
Sugar

WASH and cut fruit in very small pieces, removing all seeds. Run through food chopper. Save all juice. Mix fruit and juice, measure it; then pour 3 times the quantity of water over it, let stand 24 hours. Then cook $\frac{1}{2}$ hour, remove from fire and measure again. To each cup liquid and fruit allow 1 cup sugar; mix all together well. Let stand 24 hours more, then place over moderate fire and simmer until thick. Be careful not to permit fruit to stand in metal utensil—enamel ware or crockery is safest. Pour into sterilized KERR Jars and seal while hot.

APRICOT-PINEAPPLE JAM

SEE Pineapple-Apricot Jam.

APRICOT-RASPBERRY JAM

2 pounds apricots (6 cups sliced)

$\frac{1}{4}$ cup water $\frac{1}{2}$ cups sugar $\frac{1}{2}$ cups raspberries

ADD water to apricots which have been pared and pitted. Add sugar and raspberries and cook until jam is of desired consistency. Pour into sterilized KERR Jars and seal while hot.

BERRY JAM

PREPARE as for preserves. Crush the berries to start juice. After the berries are heated through, add the sugar in the same proportion as for the preserves and cook, stirring frequently, until a small portion placed on a cold saucer will congeal. Pour into sterilized KERR Jars and seal while hot.

BLACKBERRY AND APRICOT JAM

1 cup apricots

1 cup blackberries

$\frac{1}{3}$ cup blackberry juice

$\frac{1}{2}$ cups sugar

SLICE ripe apricots. Add blackberries, juice and sugar and cook to the desired consistency. Pour into sterilized KERR Jars and seal while hot.

CARROT JAM

5 pounds carrots Juice 6 lemons 6 cups sugar

WASH, pare and grate carrots. Add lemon juice and sugar, cook slowly until thick. Pour into sterilized KERR Jars and seal while hot.

CRANBERRY JAM, SPICED

8 cups cranberries

6 cups sugar

1 cup each water and vinegar

1 tablespoon ground cinnamon

$\frac{1}{2}$ tablespoon ground cloves

$\frac{1}{2}$ tablespoon ground allspice

MASH cranberries lightly; add vinegar and water and cook until soft. Put through coarse strainer; add spices and sugar, cook 8 minutes, stirring often. Pour into sterilized KERR Jars and seal while hot.

★ Jams are made of crushed fruits, mixed with sugar and cooked until thick. In order to save time, stirring, and practically eliminate the danger of scorching, many housewives bake their jams in the oven. Cook the mixture in open pan over the flame until it comes to boil and all ingredients are thoroughly mixed, then put pan in slow or moderate oven (hot enough to keep jam bubbling) and bake, stirring occasionally.

DAMSON PLUM JAM

4 quarts damson plums

1 quart cold water

Sugar

WASH plums, add the water and cook the fruit until the skins are soft. Cool and remove the seeds. Measure and add two-thirds as much sugar as fruit. Stir mixture over low flame until sugar is dissolved. Boil rapidly until mixture is thick and clear. The flavor of the plums should be practically unchanged and the color rich sparkling red. Pour into sterilized KERR Jars and seal while hot.

DRIED APRICOT-PINEAPPLE JAM

2 cups dried apricots

$\frac{1}{2}$ lemon thinly sliced

2 cups crushed pineapple

4 cups sugar

WASH apricots. Cover with cold water and soak overnight. Simmer until tender in water in which they were soaked. Add pineapple, lemon and sugar. Simmer, stirring frequently until thick and clear. Pour into sterilized KERR Jars and seal while hot.

FIG JAM

SCALD 6 quarts figs in 6 quarts boiling water, to which has been added 1 cup baking soda. Let fruit remain in solution 15 minutes. Drain, rinse thoroughly in clear, cold water, drying and pressing fruit until all water is out. Weigh figs, remove stems and crush; allow half as much sugar as fruit. Put in barely enough water to start fruit cooking, then boil down until thick—or put in oven and bake. A little sliced lemon or orange, or preserved ginger or nut meats may be added, as preferred. Pour into sterilized KERR Jars and seal while hot.

FIG JAM WITH HONEY

MUCH depends upon the sweetness of the honey, but ordinarily 1 cup honey equals 1 cup sugar. Peel figs, allow $\frac{3}{4}$ as much honey as fruit and let cook slowly, stirring constantly. When thick, pour into sterilized KERR Jars and seal while hot. A little sliced lemon or chopped walnuts in fig jam, makes it delicious.

GINGER-QUINCE JAM

4 pounds quinces

$\frac{1}{4}$ pound crystallized ginger

8 cups sugar

2 lemons

WASH, pare and remove cores from the quinces. Chop in fine pieces, add sugar, chopped ginger, and juice and grated rind of lemon. Cook until thick. Pour into sterilized KERR Jars and seal while hot.

GRAPE JAM

3 pounds grapes

1 cup chopped raisins

2 oranges

2 cups sugar

WASH grapes and remove stems. Add 1 cup water and cook until seeds and skin separate. Rub through coarse strainer and add juice and grated rind of orange, raisins and sugar. Cook until thick, then pour into sterilized KERR Jars and seal while hot.

LOQUAT JAM

WASH and seed whole, ripe fruit, remove blossom end and all imperfections. Run through food chopper and measure the pulp. Barely cover with cold water and cook until tender and deep red. When cooked down add sugar in equal measure and cook until thick—two hours or more, when as much as 4 or 5 quarts are used. Pour into sterilized KERR Jars and seal while hot.

PEACH JAM

CUT well ripened peaches into small pieces. Put into large kettle without the addition of water. Cook slowly about 20 minutes or until peaches are slightly softened. Measure peach pulp and for each cup of peaches add 1 cup of sugar. Return to fire and cook until of desired consistency. Pour into sterilized KERR Jars and seal while hot.

PEACH-PLUM JAM

3 pounds red plums (7 cups) 12 cups sugar
3 pounds peaches (7 cups) 2 lemons (sliced very thin)

PEEL and pit peaches, pit plums, cut into small pieces, add sugar and lemon and cook to desired consistency. Pour into sterilized KERR Jars and seal while hot.

PEAR HONEY

3 pounds ripe pears (9 cups)
1 cup diced pineapple
Grated rind and juice 1 fresh lime
5 cups sugar

WASH, pare and core the pears; slice before measuring. Run through a food chopper using the fine blade. Dice the pineapple fine and combine with the pears. Add the lime rind and juice. Add sugar and cook over slow heat, stirring frequently. Cook for 20 minutes. Pack into sterilized KERR Jars and seal while hot.

PEAR AND TART APPLE JAM

1 pint diced pears 3½ cups sugar
1 pint diced tart apples
Juice and grated rind of 1 lemon

PEEL and dice fruit. Mix all ingredients thoroughly. Boil mixture until it is thick and clear, stirring frequently. Pour into sterilized KERR Jars and seal while hot.

PINEAPPLE AND APRICOT JAM

2½ pounds apricots (7 cups sliced)
3 cups pineapple 5 cups sugar

WASH and slice apricots, mix with sugar and pineapple (fruit and juice). Cook until desired consistency. Pour into sterilized KERR Jars and seal while hot.

PINEAPPLE-RHUBARB JAM

SEE recipe for Rhubarb-Pineapple Jam.

QUINCE-GINGER JAM

SEE recipe for Ginger-Quince Jam.

RASPBERRY AND CHERRY JAM

1 cup pitted cherries 2 cups sugar
1 cup crushed raspberries

COOK the cherries in a very small amount of water until the skins are tender. Add the raspberries and the sugar and boil the mixture until thick. Pour into sterilized KERR Jars and seal while hot.

RHUBARB JAM

6 pounds rhubarb 1 lemon 1 pound figs
10 cups sugar 1 orange

CHOP rhubarb, mix with sugar and let stand over night. In the morning put the lemon, orange and figs through food chopper. Mix all ingredients together and simmer slowly 3 hours, stirring often. Pour into sterilized KERR Jars and seal while hot.

RHUBARB AND PINEAPPLE JAM

7 pounds rhubarb 10 cups sugar
2 medium-sized pineapples

CHOP rhubarb and pineapples into small pieces. Add half the sugar and cook 15 minutes. Then add remaining sugar and simmer, stirring often, until rich and thick. Pour into sterilized KERR Jars and seal while hot.

RHUBARB-STRAWBERRY JAM

2 pounds strawberries 6 cups sugar
2 pounds rhubarb

WASH fruit. Cut rhubarb into ½ inch pieces. Cover rhubarb with half of the sugar and let stand 1 to 2 hours. Crush berries and mix with remaining sugar and combine with rhubarb. Heat mixture over low flame until sugar is dissolved, then boil rapidly, stirring frequently to prevent burning. Cook until thick. Pour into sterilized KERR Jars and seal while hot.

STRAWBERRY JAM

6 cups strawberries 5 cups sugar

MASH berries to make 6 cups. Dip off juice from mashed berries and mix with sugar. Cook sugar and juice for 5 minutes. Add berries to syrup and mix well. Cook until thick. Pour into sterilized KERR Jars and seal while hot.

STRAWBERRY-CHERRY JAM

USE equal portions pitted cherries and hulled strawberries, adding ¾ as much sugar as you have fruit. Cook until the right consistency. If desired, add juice of 1 lemon to 4 cups fruit; also 1 orange may be used, adding some of the rind cut very thin. Pour into sterilized KERR Jars and seal while hot.

STRAWBERRY AND PINEAPPLE JAM

COMBINE equal parts of strawberries and shredded pineapple with sugar equal in weight to the fruit. Boil until clear and thick like jam. Pour into sterilized KERR Jars and seal while hot.

TOMATO JAM

5 pounds ripe tomatoes 2½ cups vinegar
5 cups brown sugar 3 cups seedless raisins
1 tablespoon each whole cloves, allspice
and stick cinnamon

CUT tomatoes in pieces after peeling. Add sugar and vinegar, and spices tied in cheesecloth. Boil slowly for 2 hours, add raisins, chopped, and boil 1 hour longer. Remove spices and pour into sterilized KERR Jars and seal while hot.

WINTER JAM

3 cups cranberries Juice and grated rind of 1 lemon
1 cup diced apples 1 cup crushed pineapple
1½ cups water 3 cups sugar

COOK the cranberries and apples in the water until they are clear and tender. Press fruit through a sieve to remove cranberry skins. Add the lemon, pineapple and sugar. Mix well and boil the mixture rapidly until it is thick and clear. Pour into sterilized KERR Jars and seal while hot.



"Food will build

Every day



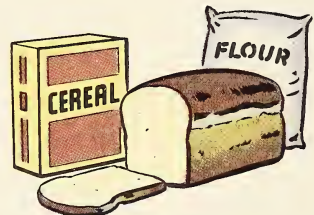
MILK and MILK PRODUCTS

... at least a pint for everyone—more for children—or cheese or evaporated or dried milk.



ORANGES, TOMATOES GRAPEFRUIT

... or raw cabbage or salad greens—at least one of these.



BREAD and CEREAL

... whole grain products or enriched white bread and flour.



MEAT, POULTRY or FISH

... dried beans, peas or nuts occasionally.

Then eat other

Contributed in the interest of the National Nutrition Program. Office of Defense

MILK and MILK PRODUCTS

Drink milk ... plain or in cocoa, milkshakes and other beverages. Serve it, too, on cereals, in soups, on fruits, in ice cream, etc.

BREAD and CEREAL

Eat whole grain or restored cereal, whole wheat, rye, or enriched white bread, whole ground corn meal.

ORANGES, TOMATOES GRAPEFRUIT

Enjoy fruit juice for breakfast... delicious first-course salads... time saver desserts.

MEAT, POULTRY or FISH

Eat meat, poultry, fish, or dried beans, peas, or nuts. Less expensive cuts of meat are just as nutritious as more expensive ones.



new America!"

his way



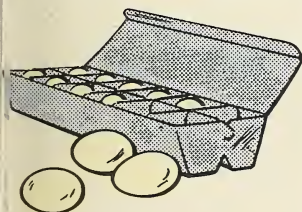
GREEN or YELLOW VEGETABLES

...one big helping or more—
...me raw, some cooked.



OTHER VEGETABLES, FRUITS

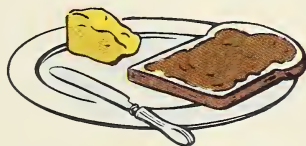
... potatoes, other vegetables
or fruits in season.



EGGS

...at least 3 or 4 a week,
cooked any way you choose—
...in "made" dishes.

you also like



BUTTER and OTHER SPREADS

... vitamin-rich fats, peanut
butter and similar spreads.

th and Welfare Services. Paul V. McNutt, Director, Washington, D. C.

GREEN or YELLOW VEGETABLES

...ok them or use them in salads
... try new and interesting ones.

EGGS

...try them...serve boiled, scrambled
...poached for breakfast... Use on
...ads... Try omelets for lunch or
...inner.

OTHER VEGETABLES, FRUITS

Short cooking for vegetables in
small amount of water; or better
still, steam them.

BREAD and OTHER SPREADS

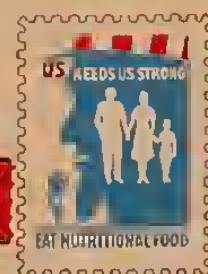
Butter or fortified margarine. Pea-
nut butter may also be used.



Food for



Victory



"Food will build a new America!"

Every day, eat this way



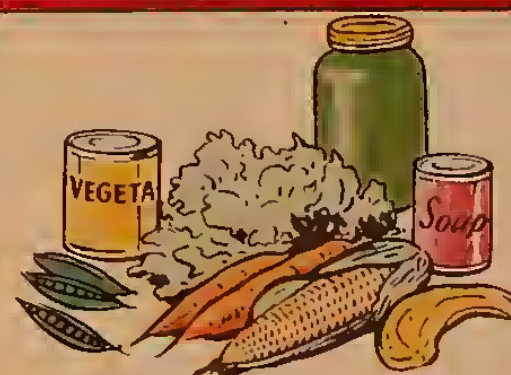
MILK and MILK PRODUCTS

... at least a pint for everyone—more for children—or cheese or evaporated or dried milk.



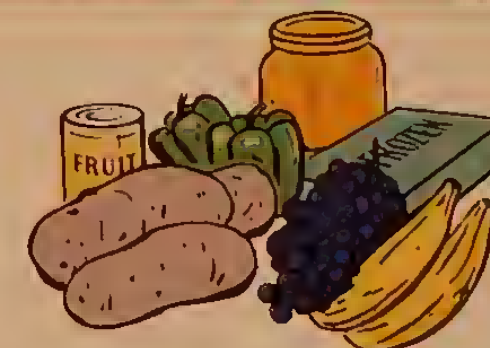
ORANGES, TOMATOES GRAPEFRUIT

... or raw cabbage or salad greens—at least one of these.



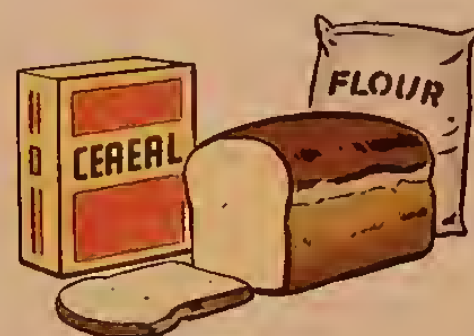
GREEN or YELLOW VEGETABLES

... one big helping or more—some raw, some cooked.



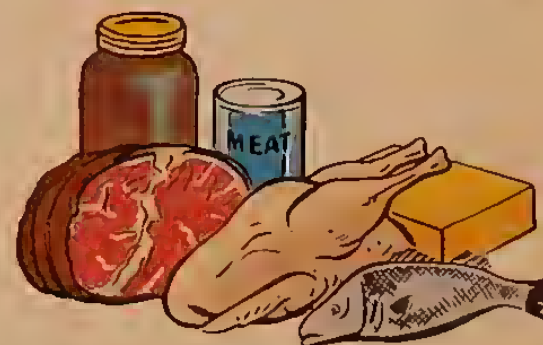
OTHER VEGETABLES, FRUITS

... potatoes, other vegetables or fruits in season.



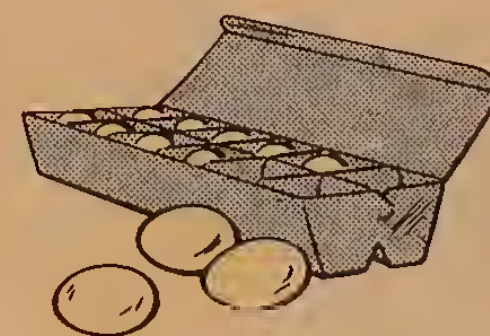
BREAD and CEREAL

... whole grain products or enriched white bread and flour.



MEAT, POULTRY or FISH

... dried beans, peas or nuts occasionally.



EGGS

... at least 3 or 4 a week, cooked any way you choose—or in "made" dishes.



BUTTER and OTHER SPREADS

... vitamin-rich fats, peanut butter and similar spreads.

Then eat other foods you also like

Contributed in the interest of the National Nutrition Program. Office of Defense Health and Welfare Services. Paul V. McNutt, Director, Washington, D. C.

MILK and MILK PRODUCTS

Drink milk ... plain or in cocoa, milkshakes and other beverages. Serve it, too, on cereals, in soups, on fruits, in ice cream, etc.

BREAD and CEREAL

Eat whole grain or restored cereal, whole wheat, rye, or enriched white bread, whole ground corn meal.

ORANGES, TOMATOES GRAPEFRUIT

Enjoy fruit juice for breakfast... delicious first-course salads... time-saver desserts.

MEAT, POULTRY or FISH

Eat meat, poultry, fish, or dried beans, peas, or nuts. Less expensive cuts of meat are just as nutritious as more expensive ones.

GREEN or YELLOW VEGETABLES

Cook them or use them in salads ... try new and interesting ones.

EGGS

Vary them...serve boiled, scrambled or poached for breakfast... Use on salads... Try omelets for lunch or dinner.

OTHER VEGETABLES, FRUITS

Short cooking for vegetables in small amount of water; or better still, steam them.

BREAD and OTHER SPREADS

Butter or fortified margarine. Peanut butter may also be used.

Fruit Butters AND Conserves

RICH IN FLAVOR WITH "EYE" AND "TASTE" APPEAL

★ Fruit butters are the fruit pulp which has been pressed through a sieve or colander and cooked with sugar (spices if desired) until it is thick enough to spread. Cook slowly, stirring frequently to prevent burning. Pour the butter while boiling hot into sterilized KERR JARS and seal immediately.

★ Conserves vary from Jams in that they are a mixture of several fruits often combined with raisins and nut meats.

APPLE BUTTER (SPICED)

- 4 gallons prepared apples
- 1 gallon sweet cider
- 4 pints of sugar
- 1 teaspoon allspice
- 1 teaspoon cinnamon

PARE, core and slice apples. Boil sweet cider until it is reduced one-half. Add apples to cider while boiling. Cook slowly, stirring frequently so as to prevent burning. When it begins to thicken add the sugar and spices. Cook until it remains in a smooth mass when a little is cooled. Pour into sterilized KERR Jars and seal while hot.

APRICOT BUTTER

- 5 pounds apricots (15 cups sliced)
- 6 cups sugar
- Juice and rind of 1 orange

PIT apricots, cut into small pieces, add sugar and juice and grated rind of orange. Cook to desired consistency. Pour into sterilized KERR Jars and seal while hot.

CARROT, WINTER SQUASH OR PUMPKIN BUTTER

- 6 pounds carrots, pumpkin or winter squash
- 2 tablespoons ground ginger
- 2 tablespoons ground cinnamon
- 1 teaspoon allspice
- 5 pounds light brown sugar
- 5 lemons
- 1 pint water

PEEL vegetables; chop them fine or put them through food chopper. Add spices and sugar together with lemon juice, and rind put through chopper; let stand over night. In morning add 1 pint water; boil gently until vegetables are clear and soft and mixture thick. Pour into sterilized KERR Jars and seal while hot.

GRAPE BUTTER

PRESS cooked grape pulp through a strainer to remove seeds and skins. Measure, add one-half as much sugar; cook until thick, stirring frequently. Pour into sterilized KERR Jars and seal while hot.

PEACH BUTTER

SCALD, peel and stone peaches. Cook to pulp using very little water. To each cup pulp add one-half as

much sugar. Cook until thick and clear. Spices may be added. Pour into sterilized KERR Jars and seal while hot.

PEACH BUTTER (DRIED PEACHES)

- 1 pound dried peaches
- 1 cup sugar
- 1 pint water

WASH peaches, soak in the water several hours, cook very slowly in same water until soft enough to mash to a pulp. Mash and add sugar. Simmer slowly until thick, then pour into sterilized KERR Jars and seal while hot.

PEAR BUTTER

WASH pears. Do not peel. Slice. Add small amount of water to start cooking. Cook until very soft. Press through colander. To each cup pulp add $\frac{1}{2}$ cup sugar. (Spices may be added.) Cook to a paste, stirring frequently to prevent burning. Pour into sterilized KERR Jars and seal while hot.

PLUM BUTTER

FOLLOW recipe for Pear Butter. Juice may be used for jelly or fruit drinks.

TOMATO BUTTER

- 4 quarts stewed tomatoes
- 7 cups of light brown sugar
- 1 tablespoon ground cloves
- 1 tablespoon cinnamon
- 1 teaspoon allspice

COOK very slowly until thick. Pour into sterilized KERR Jars and seal while hot.

TOMATO AND APPLE BUTTER

- 2 cups apple pulp
- 4 cups thick tomato pulp
- Juice of 1 lemon
- 4 cups sugar

COOK apples and tomatoes separately. Tomatoes will not require water. Add only enough water to apples to prevent burning. Cook tomatoes and apples until they are tender. Press through a sieve. Combine all ingredients and heat them, stirring until the sugar is dissolved. Cook mixture rapidly until thick and clear. Pour into sterilized KERR Jars and seal while hot.

CALIFORNIA BAR-LE-DUC

5 pounds apricots (15 cups sliced)
2 cups water Juice of 2 lemons
4 cups raisins 5 cups sugar

CUT apricots in two; remove pits. Add water. Cook slowly until pulp may be easily pressed through a coarse strainer. Add raisins which have been chopped, lemon juice and sugar. Cook slowly until a rich, heavy syrup is formed. Pour into sterilized KERR Jars and seal while hot.

If dried apricots are used, 3 pounds will be the amount to use, and they should first be washed and soaked over night in water to cover. Cook in same water until soft and press through a coarse strainer.

CHERRY CONSERVE

3 cups sour cherries 3 cups water
2 cups seedless raisins Sugar

REMOVE pits from cherries and cut raisins in pieces. Add water and boil 30 minutes. To each cup pulp add 1 cup sugar. Cook until thick. Pour into sterilized KERR Jars and seal while hot.

CRANBERRY CONSERVE

1 quart cranberries ¼ cup nut meats
1 cup raisins 3 cups sugar
2 oranges

WASH cranberries and put over fire in water to cover. When tender press through a sieve; add chopped raisins, the pulp, chopped and grated peel of oranges, and the nut meats (any variety may be used or may be omitted entirely) cut in small pieces; cook slowly for 10 minutes. Then add sugar and simmer very gently until thick. Pour into sterilized KERR Jars and seal while hot.

GOOSEBERRY AND RHUBARB CONSERVE

1½ pounds gooseberries 2 pounds sugar
1 pound rhubarb ¼ pound nut meats

PICK and wash the gooseberries, removing both stems and tails, and add the rhubarb, which has been cut in small pieces. Add the sugar and boil until thick. Add the nut meats just before removing from the fire. Pour into sterilized KERR Jars and seal while hot.

GRAPE GUMBO

4 pounds seeded grapes 4 cups sugar
1 orange cut in very thin slices
¾ pound seeded raisins

COOK until skins are tender and mixture is of consistency of marmalade. Pour into sterilized KERR Jars and seal while hot.

PEACH AND CANTALOUPE CONSERVE

1 pint diced peaches 3 cups sugar
1 pint diced cantaloupe
2 lemons, juice and grated rind
¾ cup English walnuts, blanched and chopped

COMBINE ingredients, with exception of nut meats. Cook mixture until thick and clear; add nut meats and pour into sterilized KERR Jars and seal while hot.

PEACH AND RAISIN CONSERVE

4 pounds skinned and stoned cut peaches
3 cups water 2 cups seedless raisins
6 cups sugar 1½ cups chopped nut meats

COOK peaches, water and sugar about 15 minutes, add raisins and cook until mixture thickens; add nut

meats and cook 5 minutes longer. Pour into sterilized KERR Jars and seal while hot.

PEAR CONSERVE

5 pounds hard (underripe) pears (15 cups sliced)
10 cups sugar
1 pound seedless raisins
Rind of 2 oranges Juice of 3 oranges and 2 lemons

PEEL pears and cut in small pieces. Add sugar and let stand overnight. Then add raisins, orange rind cut in small pieces, and juice of oranges and lemons. Cook until thick. Pour into sterilized KERR Jars and seal while hot.

PLUM CONSERVE

4 pounds plums (8 cups cut up) 6 cups sugar
2 lemons (juice and grated rind) 2 cups walnuts
2 pounds seedless raisins

WASH plums, remove seeds, weigh fruit. Combine all ingredients except nut meats. Cook until thick. Blanch nut meats 2 minutes, drain, cut or chop. Add to mixture just before removing from stove. Pour into sterilized KERR Jars and seal while hot.

PRUNE CONSERVE

4 pounds prunes (if dried ones are used soak them in cold water for 5 hours, then drain and remove seeds)
1 pound raisins Juice of 4 oranges 8 cups sugar
1 pound walnut meats broken in small pieces

BOIL all ingredients except nut meats together until thick. Stir in nut meats 5 minutes before removing from fire. Pour into sterilized KERR Jars and seal while hot.

RASPBERRY-CHERRY CONSERVE

3 cups cherries 4½ cups sugar
3 cups red raspberries

COOK cherries in very little water until skins are tender. Add raspberries and sugar. Cook until thick and clear. Pour into sterilized KERR Jars and seal while hot.

RHUBARB CONSERVE

5 pounds rhubarb ½ teaspoon cloves
8 cups sugar 1 teaspoon cinnamon
3 cups weak vinegar 2 cups seedless raisins
2 oranges 2 cups walnut meats

WASH rhubarb, cut in pieces and cover with boiling water. Allow to stand 3 minutes and drain. Add sugar, vinegar, grated rind and juice of oranges, spices, and raisins cut in pieces. Cook slowly until thick, add chopped nut meats and pour into sterilized KERR Jars and seal while hot.

STRAWBERRY CONSERVE

3 pints strawberries 1 orange
2 cups grated pineapple ½ pound seedless raisins
Juice of 1 lemon

WASH and hull berries and mash a little. Put pineapple, orange and raisins through food chopper, add lemon juice, combine all, add sugar equal to weight of fruit. Cook until thick, stirring frequently. Pour into sterilized KERR Jars and seal while hot.

TOMATO CONSERVE

3 pounds tomatoes 2 cups sugar 1 lemon
¼ ounce ginger root or preserved ginger

COOK tomatoes ¾ hour. Then add sugar, thinly sliced lemon, and finely cut ginger root, which has been previously boiled in fresh water for 10 minutes. Cook until thick and smooth, then pour into sterilized KERR Jars and seal while hot. If preserved ginger is used, just slice and add to conserve while cooking.



Marmalades THEY COMPLETELY SATISFY

★ Marmalades are made from fruits or a combination of fruits often including citrus fruits. The fruit appears in small pieces throughout the clear, transparent jelly-like product.

APRICOT MARMALADE

1 pound dried apricots 1 pint water 2 cups sugar
WASH fruit, soak 8 hours. Place over fire in water in which it has soaked; simmer until very soft; rub through coarse sieve, return pulp to fire; when it reaches boiling point, add sugar and simmer gently for 40 to 45 minutes, stirring almost constantly as it scorches very easily. To vary the marmalade, add ½ teaspoon ground cinnamon or 1 tablespoon chopped raisins or grated orange peel to it while cooking; chopped almonds may be added with orange peel. Pour into sterilized KERR Jars and seal while hot.

APRICOT AND PRUNE MARMALADE

MADE the same as Apricot Marmalade, using ½ pound each of apricots and prunes instead of 1 pound apricots.

BLACK CHERRY AND ORANGE MARMALADE

2 medium-sized oranges 3½ cups sugar
1 quart sweet pitted black cherries Juice 2 lemons

WASH and slice oranges. Cover them with water and cook until soft. Add the cherries, sugar and lemon juice. Boil the mixture until it is thick and clear. Pour into sterilized KERR Jars and seal while hot.

CARROT AND ORANGE MARMALADE

6 oranges 6 cups carrots
4 lemons 5 cups sugar
4 cups water

REMOVE peel from oranges and lemons and chop the peel of all the oranges and two lemons. Soak peel in the 4 cups of water overnight and drain. Cut oranges in small pieces, dice or run carrots through food chopper. Add the peel and oranges to carrots and cook until tender in as little water as possible. Add sugar and water, in which peels were soaked and cook until thick and clear. Add lemon juice and cook 5 minutes. Pour into sterilized KERR Jars and seal while hot.

CARROT AND PINEAPPLE MARMALADE

4 cups carrots (ground fine) ½ cup water
Grated rind and juice 2 lemons 3½ cups sugar
Grated rind and pulp 3 oranges 1 cup diced pineapple
1 teaspoon ground ginger 1 cup pineapple juice

COOK carrots, grated rind of lemons and oranges, and orange pulp in as little water as possible until tender (about 35-40 minutes). Add the ginger, water, sugar, pineapple and pineapple juice. Cook until thick and clear. Add lemon juice and cook 5 minutes. Pour into sterilized KERR Jars and seal while hot.

GRAPEFRUIT MARMALADE

SLICE 3 grapefruit very thin, eliminating as much white skin as possible. Barely cover with cold water and let stand overnight. Then cook down until clear and let stand until the following day. Then measure grapefruit and liquid. Add one cup sugar for each cup grapefruit mixture and boil slowly until thick, using very low fire to avoid scorching. Pour into sterilized KERR Jars and seal while hot.

GUAVA MARMALADE

TAKE quite overripe guavas; slice, place with a little cold water in kettle. When cooked soft, press through coarse sieve. Add equal quantity of sugar and juice of one lemon to each pint of pulp. Cook all together until thick. Pour into sterilized KERR Jars and seal while hot.

HARLEQUIN MARMALADE

3 oranges 4 cups sugar
1½ pints water 3 tablespoons chopped nut meats
1 medium-sized pineapple, or 4 cups pineapple

WASH oranges, cut in small pieces, removing seeds. Pour water over the oranges and let stand overnight; in morning, cook in same water; when tender add pineapple, cut in small pieces; simmer 20 minutes, then add sugar and cook for 30 minutes; just before removing from fire add nut meats. Pour into sterilized KERR Jars and seal while hot.

LOQUAT MARMALADE

PUT pulp left in jelly bag after making loquat jelly through coarse strainer, measure and heat slowly with an equal measure of sugar, until of the consistency of marmalade. Pour into sterilized KERR Jars and seal while hot.

ORANGE MARMALADE

4 oranges (2 cups) 3 lemons (1½ cups) Sugar

ADD 3 pints (or 6 cups) of water to the sliced fruit and let stand overnight. Next day cook mixture until tender (about 30 minutes). Let stand overnight. On the third day add 2 cups sugar for each pint of fruit. Cook to jelly stage (about 10 minutes). Pour into sterilized KERR Jars and seal while hot.

ORANGE-PINEAPPLE MARMALADE

6 oranges 1 lemon Sugar
1 pineapple or 4 cups canned pineapple (grated)

WASH the oranges and lemon, remove seeds and either slice fruit or put it through the food chopper. Weigh fruit and to each pound add two pints of water. Cook for one hour and set aside for twenty-four hours. Add chopped or grated pineapple. Then cook until fruit is tender, cool and add pound for pound of sugar and cook until thick. Pour into sterilized KERR Jars and seal while hot.

ORANGE-PEACH MARMALADE

12 medium cling peaches Rind of 1½ oranges
3 medium oranges Sugar (see below)

WASH and peel peaches, wash oranges, remove peel from 1½ of the oranges, grind fruit, combine and measure into large preserving kettle; add equal amount of sugar. Bring to boil. Boil rapidly 25 to 30 minutes, stirring occasionally to prevent burning. Pour into sterilized KERR Jars and seal while hot.

ORANGE-APPLE MARMALADE

3 large tart apples 3 lemons
6 oranges Sugar

WASH fruit, pare the apples and discard the skins. Pare oranges and lemons very thin and grind the skins. Remove all white membrane from oranges and lemons and cut fruit in small pieces. Combine fruits and cook slowly in two quarts of boiling water for half an hour. Add 1 cup of sugar for each cup fruit and juice, cook until thick. Pour into sterilized KERR Jars and seal while hot.

PERSIMMON MARMALADE

1 quart peeled persimmons Juice of 1 lemon
1 cup water Sugar

COMBINE persimmons and water. Boil to a thick pulp, add juice of lemon and cup of sugar to each quart of pulp. Boil 10 minutes longer. Pour into sterilized KERR Jars and seal while hot.

PINEAPPLE MARMALADE

1 pineapple 3 lemons
3 cups sugar 2 cups raisins

PARE pineapple, saving all juice; cut in small cubes. Add sugar and grated rind and juice of lemons. Cook 30 minutes or until thick; add raisins. Cook 5 minutes more. Pour into sterilized KERR Jars and seal while hot.

PRUNE MARMALADE, SPICED

1 pound prunes 1 cup vinegar 1½ cups sugar
½ teaspoon each cloves and cinnamon

SOAK prunes and simmer for an hour in same water, drain and remove pits and cut prunes in small pieces. Return to fire with the liquid, add vinegar, sugar and spices; simmer until thick. Pour into sterilized KERR Jars and seal while hot.

QUINCE MARMALADE

PEEL and quarter equal portions of quince and apple, barely cover with water and cook until tender. Remove from the fire, chopping as fine as possible. Do not pour water off as they cook down low. Use ¾ cup sugar to 1 cup fruit and cook until thick. A little nutmeg or any flavoring may be added. Pour into sterilized KERR Jars and seal while hot.

TOMATO MARMALADE

4 quarts tomatoes (measured whole) Sugar
2 oranges ¼ ounce whole cloves
2 lemons ½ ounce cinnamon stick

REMOVE peel from tomatoes and slice them. Slice oranges and lemons very thin and quarter the slices. Pour off half the juice from the tomatoes. Weigh the tomatoes and add an equal weight of sugar. Stir until the sugar is dissolved. Add the oranges, lemons and spices tied loosely in cheesecloth bag. Place the mixture over high flame and boil rapidly, stirring often. Cook until clear and thick. Pour into sterilized KERR Jars and seal while hot.

★ Only firm, not too ripe products should be used for pickling. The vinegar and spices must be of good quality. Vinegars come in "grain strength." Use a vinegar of at least 40 to 50 grain strength. If too low in strength the pickles will spoil or become soft. **NOTE:** When cold foods such as pickles are packed in jars without heating or processing, the KERR Screw Band should not be removed from the jar before storing as the Cap has not formed a vacuum seal and the Band is necessary to hold the Lid in place.

BREAD AND BUTTER PICKLES

25 to 30 medium-sized cucumbers
 8 large white onions 5 cups sugar (2½ pounds)
 2 large sweet peppers 2 tablespoons mustard seed
 ½ cup salt 1 teaspoon turmeric
 5 cups cider vinegar ½ teaspoon cloves

WASH cucumbers and slice as thin as possible. Chop onions and peppers; combine with cucumbers and salt; let stand 3 hours; and drain. Combine vinegar, sugar, and spices in large preserving-kettle, bring to boil. Add drained cucumbers; heat thoroughly but do not boil. Pack while hot into sterilized KERR Jars and seal.

CHOP SUEY PICKLES

6 large cucumbers, peeled
 11 medium-sized onions
 3 large sweet green peppers
 3 large sweet red peppers ½ pint water
 ½ cup salt 4 cups sugar
 1 pint vinegar 2 tablespoons celery salt
 3 tablespoons mixed spices 1 teaspoon curry powder

SLICE very thin the cucumbers, onions and peppers; sprinkle with ½ cup salt and add enough cold water to cover vegetables, let stand overnight, drain thoroughly, add the vinegar, mixed spices, water, sugar, and celery salt, boil about 10 minutes. Add curry powder just before removing from stove. Pack into sterilized KERR Jars and seal.

CUCUMBER-ONION PICKLES

12 large cucumbers 2 cups brown sugar
 6 medium-sized onions 1 tablespoon mustard
 ½ cup salt 1 tablespoon turmeric
 1 quart vinegar 1 tablespoon cornstarch

WASH, peel and slice cucumbers. Peel and slice onions. Cover with the salt and let stand overnight. Bring vinegar and sugar to a boil. Mix mustard, turmeric and cornstarch with a little cold vinegar and add to vinegar and sugar. Drain cucumbers and onions from salt water. Put in vinegar solution and bring to a boil. Pack into sterilized KERR Jars and seal while hot.

CUCUMBER PICKLES

SOAK cucumbers overnight in cold water. Slice but not too thin. Make a syrup of:

2 cups cider vinegar 1 cup sugar
 1 cup water 1 teaspoon mixed spices
 ½ teaspoon mustard seed

Bring to boil—then add cucumbers and boil about 3 minutes until they lose green look. Pack pickles solidly into sterilized KERR Jars, add 1 teaspoon salt to each quart, ½ onion sliced, cover with boiling syrup and seal.

Pickles

ADD ZEST TO YOUR MEALS

CUCUMBER-RAISIN PICKLES

4 cups sliced cucumbers 1 cup sugar
 1 cup salt 6 tablespoons raisins
 1 cup white vinegar 1 tablespoon celery seed
 1 tablespoon mustard seed

SOAK cucumbers overnight in a salt solution made of 1 cup salt to 1 gallon water. Drain. Combine vinegar, sugar, raisins, celery seed and mustard seed. Heat to boiling. Add cucumbers. Boil 10 minutes. Pack into sterilized KERR Jars and seal at once.

CURRY PICKLES

24 medium-sized cucumbers (cubed or thinly sliced)
 ½ cup salt 2 cups vinegar
 8 cups water 2½ cups sugar
 1 teaspoon curry powder ¼ cup mustard seed
 1 tablespoon celery seed

WASH cucumbers. Drain, combine salt and 8 cups water. Pour over cucumbers. Let stand 5 hours. Drain, rinse thoroughly, combine remaining ingredients. Heat to boiling, pour over cucumbers, heat to boiling and pack into sterilized KERR Jars and seal.

DELICIOUS PICKLES

WASH cucumbers, pack into sterilized KERR Jars. Solution (sufficient for 3 gallons of pickles in glass jars):

1 gallon vinegar 1 cup salt
 ½ pound dry mustard (work into paste with a little of the vinegar)

Pour over cucumbers in jars and seal cold.

DILL PICKLES

PLACE 100 medium-sized cucumbers in salt water overnight, using 1½ cups salt to 4 quarts water. Boil 10 quarts of water, 1 quart of vinegar, and 2 cups of salt 10 minutes, let stand overnight. In the morning, drain cucumbers and place into sterilized KERR Jars in layers separated by small bunches of dill. If you like, use 1 cup of horseradish grated, and 1 cup of mustard seed, with the dill.

Pack them tight, allow a small red pepper for each jar if desired, cover with the brine, being sure the brine is covering pickles, that there are no air bubbles, and put on cap, screwing band firmly tight. These will ferment for 3 or 4 days.

DILL SWEET PICKLES

12 medium-sized dill pickles 2 cups vinegar
 1 clove garlic 4 cups sugar
 2 tablespoons each of stick cinnamon,
 cloves and peppercorns

SLICE dills about ½ inch thick, put in jars or bowl. Add garlic. Place vinegar and sugar on fire, bring to a boil, add spices which have been tied in a bag. Boil 5 minutes then pour hot over the pickles. Stir pickles each day for 4 days, pack pickles into sterilized KERR Jars. Reheat vinegar solution; pour over pickles in jar and seal.

DILL GREEN TOMATO PICKLES

Green tomatoes	2 quarts water
Stalk celery	1 quart vinegar
Sweet green peppers	1 cup salt
Garlic	Dill to taste

USE small, firm green tomatoes. Pack into sterilized KERR Jars. Add to each quart jar a bud of garlic, 1 stalk of celery and 1 green pepper cut in fourths. Make a brine of the water, vinegar and salt and boil with the dill for 5 minutes. Pour the hot brine over the pickles in the jars and seal immediately. These will be ready for use in 4 to 6 weeks.

END OF THE GARDEN PICKLES

1 cup sliced cucumbers	1 tablespoon
1 cup chopped sweet peppers	celery seed
1 cup chopped cabbage	1 cup chopped celery
1 cup sliced onions	2 cups vinegar
1 cup chopped green tomatoes	2 cups sugar
1 cup chopped carrots	2 tablespoons turmeric
1 cup green string beans cut in inch pieces	
2 tablespoons mustard seed	

SOAK cucumbers, peppers, cabbage, onions and tomatoes in salt water over night ($\frac{1}{2}$ cup salt to 2 quarts water). Drain. Cook the carrots and string beans in boiling water until tender; drain well. Mix soaked and cooked vegetables with remaining ingredients and boil 10 minutes. Pack into sterilized KERR Jars; seal at once.

FIG PICKLES

SPRINKLE $\frac{1}{2}$ cup soda over 3 quarts figs. Add 2 quarts boiling water and allow to stand in this 5 minutes. Make syrup of:

1 cup water	6 cups sugar	1 cup vinegar
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Small cheesecloth bag containing whole spices, cloves, stick cinnamon

Drain figs and boil in this syrup 3 consecutive mornings 10 minutes each morning, then pack into clean KERR Jars. Put on cap, screwing band firmly tight. Process in water bath, 10 minutes.

FRENCH PICKLE

1 quart carrots (diced)	1 quart lima beans (small)
1 quart celery (cut fine)	1 quart corn (cut from cob)
1 quart onions (chopped fine)	
1 quart small green cucumbers (cut fine)	
1 quart green tomatoes (sliced fine)	
$\frac{1}{2}$ quart sweet red peppers (cut fine)	

COOK each vegetable separately until vegetables are barely tender. Season to taste with salt. Drain well. Add:

$\frac{1}{2}$ ounce turmeric
1 ounce celery seed
 $\frac{1}{2}$ cup white mustard seed

Mix thoroughly, cover with vinegar and let come to the boiling point, stirring frequently. Pack into sterilized KERR Jars and seal.

GREEN TOMATO PICKLES

SLICE small green tomatoes $\frac{1}{4}$ inch thick. Make a solution of 2 cups hydrated or slaked lime in 4 gallons water. Soak tomatoes 24 hours in this solution. Rinse well in at least 4 waters. Cook tomatoes about 30 minutes in the following solution:

1 quart vinegar	4 cups sugar
1 tablespoon mixed whole spices	Salt to taste

(This solution will cover 4 pounds tomatoes)

Remove tomatoes from this solution and cook liquid down to a thick syrup. Pack tomatoes into sterilized KERR Jars, pour hot solution over them and seal.

HUNGARIAN PEPPERS

THOROUGHLY wash Hungarian Peppers and puncture each one in several places. Place the peppers in a brine made of 1 gallon water to 2 cups of salt. Weight just enough to hold peppers under brine. Next day pack peppers into sterilized KERR Jars. Make a pickling solution of 1 gallon water, 1 cup salt, 1 cup vinegar, 1 clove garlic, 1 grape leaf and 1 bunch dill. Bring the solution to the boiling point, pour over peppers in jars and seal at once.

ICE WATER PICKLES

SIX pounds medium-size cucumbers (each cut in 4 to 8 pieces according to size of cucumbers). Soak in ice water 3 hours—drain, pack into sterilized KERR Jars. Add 6 pickling onions, 1 piece celery, 1 teaspoon mustard seed to each jar.

Solution

3 quarts white vinegar	3 cups sugar
1 cup salt	

Bring to boil, pour over cucumbers and seal jars. This makes 6 quarts.

MIXED PICKLES

2 large heads cauliflower	
1 gallon green tomatoes	6 green peppers
6 large onions	6 cucumbers

SEPARATE cauliflower, chop green tomatoes, onions, green peppers and cucumbers. Mix well. Put in a kettle in layers, first a layer of vegetable mixture, then a layer of salt until all ingredients are used, being sure the last layer is salt.

Let stand 24 hours, then squeeze as dry as possible. Make a pickling solution of:

1 pint vinegar
1 pound sugar
1 level teaspoon each of cloves, cinnamon, allspice and mace

If desired little red peppers may be added

Mix sugar and spices with vinegar, boil 5 minutes and pour over vegetables, stirring well so that vinegar will mix in with them. Allow to stand several hours. Bring pickles to boil and cook $\frac{1}{2}$ hour, then pack into sterilized KERR Jars and seal.

MUSTARD PICKLES

2 quarts tiny cucumbers not over 2 inches long
2 quarts small white pearl onions
2 quarts green string beans cut in half
2 quarts green tomatoes coarsely chopped
2 heads fresh cauliflower cut in small pieces
1 small head white, hard cabbage

SPRINKLE with salt—let stand 24 hours—drain off brine and put pickles into preserving kettle.

Add:

1 ounce turmeric	$\frac{1}{2}$ tablespoon whole cloves
$1\frac{1}{2}$ cups brown sugar	1 tablespoon allspice
2 tablespoons celery seed	$\frac{3}{4}$ cup dry mustard
6 sweet peppers coarsely chopped	
2 tablespoons mustard seed	

Enough cider vinegar to cover ingredients

$\frac{1}{2}$ cup flour mixed with a little water

Boil ingredients (except the flour) for 15 minutes. Add flour mixed to smooth paste with a little water, boil 5 minutes longer or until vegetables are tender but not mushy. Pack into sterilized KERR Jars and seal.

OLIVE OIL PICKLES

1 peck (or 11 pounds) large gherkins	Olive oil
1 quart large pickling onions	
Cider vinegar	

1 ounce each celery seed, mustard seed, white pepper
WASH and slice gherkins and onions, allow to stand

in brine made of $\frac{1}{2}$ cup salt to 3 quarts water for 12 hours. Drain well and pack into sterilized KERR Jars. For each jar allow 2 cups cider vinegar and $\frac{1}{2}$ cup olive oil. Mix vinegar and spices together and boil 5 minutes. Allow to cool, add olive oil, mixing well. Pour over gherkins to within 1 inch of top of jar. Put on cap and seal.

PEAR OR PEACH SWEET PICKLES

1 quart vinegar
6 pounds sugar
12 pounds peeled fruit

MAKE a syrup of the vinegar and sugar and add a spice bag made of 1 tablespoon of ground cloves, and 1 piece of ginger root if desired. Add 4 or 5 whole sticks of cinnamon to the syrup and drop a few of the peaches into this boiling syrup at a time. Cook until the fruit can be readily pierced with a straw, let stand in covered kettle over night. Next day pack into clean KERR Jars to within $\frac{1}{2}$ inch of top covering fruit with the syrup. Put on cap, screwing band firmly tight. Process in water bath at simmering temperature (180° F.) for 20 minutes.

PICKLED BEETS

SELECT small, young beets, cook until tender, dip into cold water. Peel off skins. Make the following syrup:

2 cups sugar	1 teaspoon allspice
2 cups water	1 thinly sliced lemon
2 cups strong vinegar	1 tablespoon cinnamon
1 teaspoon cloves	

Pour over beets and simmer 15 minutes. Pack into sterilized KERR Jars and seal. A little grated horseradish added to pickled beets gives variety.

PICKLED CARROTS (SWEET)

1 quart vinegar	1 tablespoon mace
1 tablespoon whole cloves	1 quart sugar
1 tablespoon whole allspice	Stick cinnamon

BOIL young carrots until skins slip. Remove skins, slice or leave whole. Pour syrup made of vinegar, sugar and spices (in bags) boiling hot over carrots. Let stand over night, then bring to boil and boil 5 minutes. Remove spices and pack into sterilized KERR Jars. Fill jar to within $\frac{1}{2}$ inch of top with the hot spiced syrup and seal.

PICKLED CRAB APPLES

CHOOSE sound crab apples uniform in size. Do not pare them. Make a spiced syrup by heating together 1 quart of vinegar, 1 quart of sugar, 1 tablespoon each of cinnamon, cloves, and 1 teaspoon each of mace and allspice. When cool, add crab apples, and heat slowly, being careful not to burst the fruit. Let stand in syrup overnight, pack cold into clean KERR Jars, and fill to within $\frac{1}{2}$ inch of top with syrup. Put on cap, screwing band firmly tight. Process in water bath at simmering temperature (180° F.) for 20 minutes.

PICKLED EGGS

BOIL as many eggs as you wish to pickle, boiling $\frac{1}{2}$ hour. Shell; have ready a boiling solution of 1 cup white vinegar, 3 cups water, 1 teaspoon salt, a spice bag containing a few bits of broken nutmeg, a few blades of mace, celery seed, some ground mustard, a few whole cloves and pieces of cinnamon. In fact, make this pickle according to your own liking.

When boiling hot, drop in the shelled eggs, just let them heat through, and pack at once into sterilized KERR Jars. Fill to within $\frac{1}{2}$ inch of top with the boiling solution and seal.



PICKLED ONIONS

SELECT tiny white pickling onions. Peel and place in a salt brine made by dissolving 1½ pounds of salt in 1 gallon water. Allow onions to stand in brine for five weeks. If necessary, use a weight to hold onions under brine. Drain and rinse in cold water. Drain and pack in sterilized KERR Jars. Make a syrup of equal proportions of vinegar and sugar and bring to boiling point. Pour boiling hot over onions in jar. Cover jar but do not seal. Drain off vinegar solution for 3 mornings, reheating it and pouring over onions in jar. With the third and last heating, add 1 teaspoon pickling spices to each pint jar of onions, pour hot solution over them and seal immediately.

SACCHARINE PICKLES

7 quarts medium-sized cucumbers	1 cup salt
1 teaspoon powdered saccharine	1 gallon vinegar
1 cup dry mustard	

WASH cucumbers and pack into sterilized KERR Jars. Mix saccharine, mustard and salt and add to the vinegar. Pour over cucumbers in the jar and seal.

SALAD DRESSING PICKLES

12 large cucumbers	1 tablespoon turmeric
12 onions	½ cup flour
3 cups sugar	1 quart vinegar
1 tablespoon celery seed	
½ teaspoon ground cayenne pepper	
1 small jar pimiento or 2 sweet red peppers	

PEEL and slice cucumbers and let stand overnight in brine made with ½ cup salt to 3 quarts water. Slice thin or chop fine the onions. Mix sugar, spices, flour and vinegar. Add cucumbers, onions and pimientos. Cook 10 minutes. Pack while hot in sterilized KERR Jars and seal.

SENF GURKEN (RIPE YELLOW CUCUMBERS)

PEEL ripe yellow cucumbers. Cut in halves lengthwise. Scrape out seeds with a spoon. Cut each half in fourths and soak in water over night. Same process and syrup as Cucumber Pickles, except add more mustard seed and pearl onions, and use white vinegar instead of cider vinegar. Allow to remain sealed two weeks before using.

SOUR GREEN PICKLES

½ peck (or 5½ pounds) green cucumbers	
½ peck (or 6¼ pounds) green tomatoes	
4 sweet red peppers	Weak vinegar
1 cup salt	½ cup grated
2½ tablespoons whole cloves	horseradish

WASH the vegetables, slice and pack in alternating layers in stone jar, sprinkling in the salt. Cover with cold water, let stand overnight; then drain, scald the brine, pour over vegetables and let stand overnight again. Then discard brine and cover pickles with spices, scalded vinegar and horseradish, let stand until cool. Pack vegetables into sterilized KERR Jars, reheat vinegar mixture, pour over pickles and seal.

SOUR PICKLES

Medium-sized cucumbers	1 cup salt
1 gallon cider vinegar	1 cup sugar
1 quart water	1 cup white mustard seed

WASH medium-sized cucumbers and pack them into sterilized KERR Jars. Mix the vinegar, water, salt, sugar and mustard seed and bring to the boiling point. Pour the hot solution over the cucumbers in the jars and seal at once.

SWEET PICKLES (14 DAYS)

INTO a clean stone jar put 2 gallons of cucumbers, washed and sliced lengthwise. Regardless of size, cucumbers must be sliced or they will shrivel. Dissolve 2 cups of salt in one gallon of boiling water and pour while hot over pickles. Then cover and weight down pickles and let stand for 1 week. On the eighth day, drain, then pour 1 gallon of boiling water over them and let stand 24 hours. On the ninth day, drain and pour 1 gallon of boiling water with 1 tablespoon of powdered alum over the pickles and let stand 24 hours. On the following day or tenth day, drain again, pour 1 gallon boiling water over them, let stand 24 hours, then drain.

For the pickling mixture, combine 5 pints of vinegar boiling hot, 6 cups of sugar, ½ ounce celery seed, 1 ounce cinnamon stick. Pour this over the pickles, drain off for 3 mornings, reheating it and adding 1 cup of sugar each morning. With third and last heating pack pickles into sterilized KERR Jars, pour hot liquid over them and seal.

TOMATO PICKLE

30 large ripe tomatoes	1 pint vinegar
6 large pears	4 large onions
6 large peaches	4 cups granulated sugar
6 large apples	2 tablespoons salt
1 package mixed pickling spices (tied in cloth)	

PEEL and chop fine the tomatoes, pears, peaches, apples and onions. Mix all ingredients and boil until thick. Pour into sterilized KERR Jars and seal.

VIRGINIA CHUNK SWEET PICKLES

75 cucumbers 4 or 5 inches long, or 2 gallons small ones

Or use what you have; most any nice solid cucumber makes a nice pickle

MAKE brine of a proportion of 2 cups salt to one gallon water, boil and pour over cucumbers boiling hot. Let stand one week. In hot weather skim daily. Drain and cut in chunks. For the next three mornings make a boiling hot solution of one gallon water and one tablespoon powdered alum and pour over the pickles, make this fresh hot bath for three mornings. On the fourth morning drain from alum water and heat 6 cups vinegar, 5 cups sugar, ⅓ cup pickling spice and 1 tablespoon celery seed to boiling point and pour over the pickles. On the fifth morning drain this liquid off and add 2 cups more sugar, heat again to boiling point and pour over the pickles. On the sixth morning drain liquid, add one cup sugar, heat, pack the pickles into sterilized KERR Jars, and pour this liquid over until the jars are filled, seal while hot.

WATERMELON PICKLES

RIND of one large watermelon. Peel and remove all green and pink portions from the watermelon rind. Cut in one inch cubes and soak overnight in salt water (four tablespoons of salt to one quart of water). Drain, cover with fresh water and cook until almost tender. Drain the watermelon and make a syrup of 4 cups of sugar, 2 cups of vinegar and 4 teaspoons of whole cloves, 8 sticks of cinnamon and a little mustard seed. (Tie spices in cheesecloth bag.) Heat the syrup and spices to boiling and allow to set for 15 minutes. Add the drained watermelon rind and cook until clear and transparent. Pack at once into sterilized KERR Jars and seal.

APPLE CHUTNEY

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|----------------------|------------------------------|
| 12 sour apples | 2 minced green peppers |
| 1 minced red pepper | 1 cup seeded raisins chopped |
| 1 pint cider vinegar | 1 tablespoon ground ginger |
| ½ cup currant jelly | ½ teaspoon cayenne |
| 2 cups sugar | 1 tablespoon salt |
| Juice 4 lemons | |

PARE, core and chop apples. Put the ingredients together in the order given and simmer until thick. Pour into sterilized KERR Jars and seal.

BEET RELISH

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|--|----------------------|
| ½ cup grated or 1 tablespoon dried horseradish | |
| 1 pint chopped boiled beets | ½ teaspoon salt |
| 1 pint chopped cabbage | 1 cup chopped celery |
| ¼ teaspoon white pepper | ¾ cup sugar |
| Pinch red pepper | 1 cup vinegar |

MIX all ingredients and let heat through. When it reaches the boiling point, pour into sterilized KERR Jars and seal.

CHERRY RELISH

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|------------------------|-----------------------|
| 2 cups pitted cherries | ¼ teaspoon cloves |
| 1 cup seedless raisins | ½ cup honey |
| 1 teaspoon cinnamon | ½ cup vinegar |
| ½ cup brown sugar | ¾ cup pecan nut meats |

MIX all of the ingredients except the pecans and cook slowly 1 hour. Then add pecan nut meats and cook 3 minutes longer. Pour into sterilized KERR Jars and seal.

CHILI SAUCE

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|---|---------------------|
| 1 gallon (or 6 ¼ pounds) ripe tomatoes (peel and core before measuring) | |
| ¾ cup chopped white onions | 2 cups vinegar |
| 1 ½ cups white sugar | 5 teaspoons salt |
| 1 teaspoon nutmeg, grated | 2 teaspoons ginger |
| ¾ teaspoon tabasco sauce | 1 teaspoon cinnamon |
| ½ teaspoon curry powder | 1 teaspoon mustard |

PUT tomatoes and onions through food chopper. Add all other ingredients and boil 2 hours or until thick, stirring frequently to prevent burning. As soon as sauce is of desired consistency, pour into sterilized KERR Jars and seal at once. If desired, ¾ teaspoon of red pepper may be used instead of the tabasco sauce.

CHOW-CHOW

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|-------------------------------------|-----------------------|
| 1 peck (12 ½ pounds) green tomatoes | |
| 8 large onions | 1 tablespoon allspice |
| 10 green bell peppers | ¼ teaspoon cloves |
| 3 tablespoons salt | 3 tablespoons mustard |
| 6 hot peppers | Few bay leaves |
| 1 quart vinegar | 1 ¼ cups sugar |
| 1 tablespoon cinnamon | ½ cup horseradish |

CHOP tomatoes, onions, peppers, together and cover with the salt; let stand over night. Drain, add the hot peppers which have been chopped and the vinegar and spices (spices tied in cheesecloth bag); allow to boil slowly until tender (about 15 minutes). Pack tightly into sterilized KERR Jars and seal; or ingredients may be brought to boil, packed into clean KERR Jars and processed in water bath at simmering temperature (180° F.) for 15 minutes.

CORN CHOWDER

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|-----------------------------|--------------------------|
| 12 ears sweet corn | 1 tablespoon celery seed |
| 1 quart chopped cabbage | ¼ teaspoon turmeric |
| 12 onions | 2 cups sugar |
| 3 green peppers | 1 quart vinegar |
| 3 red peppers | Salt to taste |
| 1 tablespoon ground mustard | |

PRECOOK the corn 3 to 5 minutes, cool and cut from cob. Chop other vegetables fine, mix together and add other ingredients; cook for 25 minutes. Pour into sterilized KERR Jars and seal.

Catsups, Chutneys and Relishes

DIXIE RELISH

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|------------------------------------|----------------------------|
| 1 pint chopped sweet red peppers | |
| 1 pint chopped sweet green peppers | |
| 1 quart chopped cabbage | 4 tablespoons mustard seed |
| 1 pint chopped onions | 2 tablespoons celery seed |
| 2 hot peppers | ½ cup sugar |
| 5 tablespoons salt | 1 quart vinegar |

MIX vegetables together, cover with the salt and let stand over night in a crock or enameled pan. Drain, then add spices, sugar and vinegar and pack into clean KERR Jars, put on cap, screwing band firmly tight. Process in water bath at simmering temperature (180° F.) for 15 minutes. This pickle is a splendid filling for the mango peppers.

INDIA RELISH

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|--------------------------------|----------------|
| 2 green peppers | ¼ cup salt |
| 2 red peppers | 2 cups vinegar |
| 6 green tomatoes | 1 cup water |
| 2 ripe tomatoes | Spices |
| 1 dozen medium-sized cucumbers | |
| 2 onions | |

REMOVE the seeds from the peppers. Slice the tomatoes and cucumbers, and chop the peppers and onions fine; sprinkle with salt and let stand for 24 hours. Drain vegetables, pour the vinegar and water over them, bring slowly to a boil and drain again.

Make a smooth paste as follows: Mix 3 tablespoons of sugar, 1 teaspoon of cinnamon, 1 teaspoon of turmeric, ¼ teaspoon of cloves, ¼ teaspoon of allspice, with a little cold vinegar; bring 1 pint of vinegar to boiling point, add 2 tablespoons of chopped mint, 2 tablespoons of white musard seed, the spices, and then the vegetables, and let cook for 20 minutes, stirring constantly. Pour into sterilized KERR Jars and seal.

PICCALILLI

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|-------------------------------------|---------------------------|
| 1 peck (12 ½ pounds) green tomatoes | |
| 1 quart large gherkins | ½ pound (1 cup) sugar |
| 2 green peppers | 1 tablespoon peppercorns |
| 4 onions | 1 tablespoon celery seed |
| ½ pound (1 cup) salt | 1 tablespoon mustard seed |
| 2 quarts cider vinegar | 1 teaspoon whole cloves |

CHOP the tomatoes, gherkins, peppers and onions, mix with the salt and set aside for 12 hours. Drain well, then press to get out all superfluous liquid. Heat the vinegar, sugar and spices, add the chopped vegetables and bring to boiling point. Pack into sterilized KERR Jars and seal.

RED PEPPER RELISH

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|-----------------------------|--------------------|
| 2 dozen sweet peppers (red) | 2 tablespoons salt |
| 7 medium onions | 3 cups vinegar |
| 2 tablespoons mustard seed | 3 cups sugar |

GRIND peppers and onions, saving the juice. Combine with juice and other ingredients. Boil 30 minutes. Pack into sterilized KERR Jars and seal.

STUFFED GREEN PEPPERS

SELECT fresh, firm green peppers. Cut a circle out of the stem end of the pepper and save for later use. Remove seed and white sections from peppers. Make a brine of 2 cups of salt to 1 gallon of water. Place peppers and circles into the brine, let stand 1 week. Remove from brine and pour 1 gallon of hot water with 1 tablespoon of powdered alum over the peppers and let stand over night. Drain well. Prepare relish filling as follows:

2 dozen green peppers	4 cups sugar
1 dozen red peppers	1 teaspoon red pepper
1 dozen onions peeled	1 quart vinegar
6 teaspoons salt	

Put peppers and onions through food chopper. Mix them and cover with boiling water and let stand 10 minutes. Drain and let stand another 10 minutes. Place in kettle and add salt, sugar, red pepper and vinegar. Simmer 5 minutes. Fill the drained peppers with the relish mixture. Replace top of peppers sewing them in place or fastening with tooth picks. Pack stuffed peppers into sterilized KERR Jars. Fill jars to within $\frac{1}{2}$ inch of top with following vinegar solution which has been brought to a boil:

8 cups vinegar	1 tablespoon salt
2 cups water	1 tablespoon stick cinnamon
1 cup sugar	1½ tablespoons celery seed
1½ tablespoons mustard seed	

SEAL each jar immediately as filled.

APPLE CATSUP

1 cup sugar	1 tablespoon salt
1 teaspoon pepper	2 onions
1 teaspoon cloves	12 sour apples
1 teaspoon mustard	2 cups cider vinegar
2 teaspoons cinnamon	

MIX the sugar, peppers, cloves, mustard, cinnamon and salt. Then add onions, chopped fine.

Wash, core and cut apples in quarters. Put into saucepan, cover with boiling water, bring to boiling point and let simmer until soft. The water should be nearly gone; then rub through puree sieve and for each quart of pulp add the mixture of sugar, onions and spices. After the two mixtures are blended, add vinegar, bring to boiling point and let simmer 1 hour. Pour into sterilized KERR Jars while piping hot and seal.

CRAB APPLE CATSUP

SELECT sound apples, peel and quarter 2 quarts, stew until tender in as little water as possible; then press through sieve. To 1 quart sieved apples, add 2 cups sugar, 2 teaspoons pepper, 2 teaspoons cloves, 2 teaspoons cinnamon and 3 large onions chopped fine. Stir all together, add 2 tablespoons salt and cider vinegar enough to cover. Place over slow fire and boil 1 hour, then pour into sterilized KERR Jars and seal.

CRANBERRY CATSUP

2½ pounds cranberries	1 tablespoon cinnamon
Vinegar to cover	1 teaspoon ground cloves
2½ cups sugar	

WASH and pick cranberries, cover with vinegar, cook until berries burst, then force through sieve. Add other ingredients, simmer until thick. Pour into sterilized KERR Jars and seal.

ELDERBERRY CATSUP

2 quarts ripe elderberries	1 tablespoon allspice
Mild vinegar to cover	¼ teaspoon cayenne
1 cup sugar	1 tablespoon cloves
1 tablespoon cinnamon	

COOK fruit in vinegar until soft. Rub through sieve, add sugar and spices; cook until thick like ordinary tomato catsup. Pour into sterilized KERR Jars and seal.

GRAPE CATSUP or

PLUM CATSUP

FOLLOW recipe for Elderberry Catsup.

SATSUMA PLUM CATSUP

5 pounds plums (10 cups) (after cutting into small pieces)	3 tablespoons cinnamon
2 cups vinegar	½ tablespoon cloves
4 cups brown sugar	½ tablespoon mace
½ tablespoon paprika	½ tablespoon salt

COOK plums with small amount of water until soft enough to put through sieve. Add remaining ingredients, simmer until proper consistency. Stir constantly. Pour into sterilized KERR Jars and seal.

TOMATO AND PEAR CHUTNEY

1 pound tomatoes, chopped	½ teaspoon mustard
1 pound pears, chopped	½ teaspoon ginger
1 green pepper, chopped	1 teaspoon salt
1 onion, chopped	½ cup vinegar
½ teaspoon cayenne	1 cup sugar
1 small can pimiento, chopped	

MIX all ingredients except pimiento. Boil slowly for 1 hour, stirring occasionally. Add pimiento and boil 5 minutes longer. Pack into sterilized KERR Jars; seal.

TOMATO CATSUP

1 peck (12½ pounds) ripe tomatoes	
2 medium-sized onions	1 tablespoon paprika
¼ teaspoon cayenne pepper	1 cup sugar
2 cups cider vinegar	2½ teaspoons salt
1½ tablespoons broken stick cinnamon	
1 tablespoon whole cloves	
3 cloves garlic (finely chopped)	

WASH and slice tomatoes and boil about 15 minutes or until soft. Into another kettle slice the onions. Cover with a small quantity of water and cook until tender. Run the cooked onions and tomatoes through a sieve. Mix the onion and tomato pulp. Add the cayenne pepper. Boil this mixture rapidly until it has been reduced to about $\frac{1}{2}$ original volume.

Place vinegar in an enamel pan; add a spice bag containing the cinnamon, cloves and garlic. Allow this to simmer for about 30 minutes, then bring to boiling point. Place cover on pan and remove from fire. Allow this to stand in covered pan until ready to use.

When tomato mixture has cooked down to $\frac{1}{2}$ original volume, add vinegar mixture, of which there should be 1½ cups. Add the paprika, sugar and salt and boil rapidly until desired consistency is reached. This should require about 10 minutes. Pour while boiling hot into sterilized KERR Jars and seal.

UNCOOKED RELISH

1 pint sweet red peppers (chopped fine)	
1 pint sweet green peppers (chopped fine)	
1 quart cabbage (chopped fine)	
1 pint white onions (chopped fine)	
4 tablespoons mustard seed	4 cups sugar
5 tablespoons salt	1 quart vinegar
2 teaspoons celery seed	2 or 3 hot peppers

MIX all ingredients and let stand overnight. In morning pack into sterilized KERR Jars and seal.

NOTE: All vegetables (except tomatoes) and meats canned at home should be boiled in an open vessel 10 to 15 minutes before tasting or using.

Meats Poultry and Game

BEEF ROLLS

SLICE round steak or other pieces of beef about $\frac{1}{4}$ to $\frac{1}{2}$ inch thick. Cut in pieces about 3 or 4 inches wide and 6 inches long. Sprinkle with salt, pepper and finely chopped onions. Cut bacon in thin slices and put a slice of this on each piece of meat. Roll tightly and tie with a string. Heat lard in a deep frying pan, put in the rolls and let brown nicely from all sides. Pour off excess grease, add water or soup stock and let simmer for 15 minutes. Remove string from rolls and pack into clean KERR Jars to within 1 inch of top. Add 3 or 4 tablespoons of the liquid. Put on cap, screwing band firmly tight. Process according to time table, page 9.

BRAINS

SOAK in cold water to draw out the blood. Remove membranes. Sear in hot fat. Season to taste. Pack into clean KERR Jars to within 1 inch of top. Add 1 or 2 tablespoons of the pan gravy. Put on cap, screwing band firmly tight. Process in pressure cooker, 60 minutes at 15 pounds; or in water bath, 180 minutes.

BRUNSWICK STEW

$\frac{1}{4}$ pound bacon	$1\frac{1}{2}$ cups okra
1 chicken	4 teaspoons salt
10 tablespoons flour	1 teaspoon sugar
2 cups water	$\frac{1}{2}$ lemon sliced thin
1 cup potatoes (cubed)	1 teaspoon celery seed
$\frac{1}{2}$ quart tomatoes	$\frac{1}{2}$ teaspoon cloves
2 cups butter beans	1 teaspoon pepper
2 teaspoons onions chopped fine	
$\frac{1}{4}$ teaspoon cayenne pepper	

CUT bacon in cubes and fry until crisp and brown. Roll chicken in flour, put into frying pan with water. Cook slowly until chicken falls from bones, add more water if necessary to prevent burning. Remove chicken from bones. Add chopped vegetables, salt, sugar, lemon and spices. Bring to boiling and pack product and liquid into clean KERR Jars to within 1 inch of top. Put on cap, screwing band firmly tight. Process in pressure cooker 60 minutes at 15 pounds; or 90 minutes at 10 pounds; or water bath 180 minutes.

BUNNY SAUSAGE

6 pounds rabbit meat	$\frac{1}{4}$ teaspoon paprika
2 small onions (minced)	1 bay leaf
2 level tablespoons salt	$\frac{1}{2}$ teaspoon ground sage
2 level teaspoons pepper	1 or 2 eggs, well beaten
$\frac{1}{2}$ cup ground cracker or bread crumbs	
$\frac{3}{4}$ cup sweet milk	

MIX well together and mould into small cakes and fry until nicely browned. Pack into clean KERR Jars to within 1 inch of top and add 3 or 4 tablespoons of grease in which the cakes were fried. Put on cap, screwing band firmly tight. Process according to time table, page 9.

CHICKEN AND GAME BIRDS

RECIPE No. 1

DRESS fowl and allow to cool. Cut in convenient pieces. Boil until meat can be removed from bones; pack meat into clean KERR Jars to within 1 inch of top. Add 1 teaspoon salt to each quart jar if desired. Add 4 tablespoons of the hot liquid after it has been concentrated one-half. Put on cap, screwing band firmly tight. Process according to time table, page 9.

RECIPE No. 2

DRESS fowl and allow to cool. Wash in cold water, cut into pieces or pack whole into clean KERR Jars to within 1 inch of top without precooking. Add 1 teaspoon salt to each quart jar if desired. Put on cap, screwing band firmly tight. Process according to time table, page 9.

CHICKEN (BARBECUED)

MEAT may be barbecued in a pit or on a rack in a covered metal tub where it will absorb the savory smoke from the drippings falling on the live coals.

Cut up chicken in usual manner. The neck, ribs and back are probably better made into soup.

Prepare sauce as follows:

$1\frac{1}{2}$ cups butter	2 cups catsup
1 tablespoon tabasco sauce	$\frac{3}{8}$ cup weak vinegar
$\frac{3}{8}$ cup Worcestershire sauce	1 teaspoon salt
2 tablespoons chopped onions	$\frac{1}{2}$ teaspoon pepper

Mix ingredients and boil until slightly thick. Place pieces of chicken on rack over pit and baste with sauce until brown and thoroughly heated. Pack into clean KERR Jars to within 1 inch of top. Fill jar about half full of the sauce. Put on cap, screwing band firmly tight. Process according to time table, page 9.

CHICKEN (FRIED)

DRESS and cut up fowl in usual manner. Chicken like other meat, should not be canned until the body heat disappears. Sear chicken in hot fat until lightly browned. Pack hot chicken into clean KERR Jars to within 1 inch of top. Add 1 teaspoon salt to each quart jar if desired. Add 3 or 4 tablespoons of fat in which chicken was seared. Put on cap, screwing band firmly tight. Process according to time table, page 9.

CHICKEN OR OTHER FOWL (BAKED)

DRESS fowl, allow to cool, tie legs down and place wings behind back. Rub the dressed fowl all over with butter or other fat. Place fowl on a rack in roasting pan. Place in moderate to slow oven (250°

★ Meats should not be canned until all animal heat has left them, which usually is from 6 to 24 hours after killing. Meats may be precooked or packed raw. In filling jars, **PACK THE MEAT TO NOT MORE THAN 1 INCH FROM TOP OF JAR.** For precooked meats add 3 or 4 tablespoons of liquid (exception: see individual recipes). Meats packed raw do not require the addition of liquid. **IMPORTANT:** Wipe top of jar free from all grease or meat particles.

to 350° F.) according to the dressed weight of the fowl. Larger fowls are roasted at a lower temperature. Allow 10 minutes per pound cooking time and baste with pan liquid about every 30 minutes. Take fowl from pan and cut in pieces, as for serving. Bones may or may not be removed. Pack into clean KERR Jars to within 1 inch of top. Add 1 teaspoon salt to each quart jar if desired. Add pan liquid to fill jar not more than $\frac{2}{3}$ full. Put on cap, screwing band firmly tight. Process according to time table, page 9.

CHICKEN (FOR SALADS OR SANDWICHES)

DRESS fowl and allow to cool. Steam chicken—remove meat from bones; pack into clean KERR Jars to within 1 inch of top. Add 1 teaspoon salt to each quart jar if desired. Put on cap, screwing band firmly tight. Process according to time table, page 9.

CHICKEN STEWED (BROILER SIZE)

DRESS fowl and allow to cool. Pack into clean KERR Jars to within 1 inch of top. Add 1 teaspoon salt to each quart jar if desired. Put on cap, screwing band firmly tight. Process according to time table, page 9.

CHILI CON CARNE

10 pounds ground beef Small piece of garlic
1 ounce Mexican chili powder
7 level tablespoons salt

BOIL beef 15 minutes. Mix all other ingredients. Heat to boiling point. Pack into clean KERR Jars to within 1 inch of top. Put on cap, screwing band firmly tight. Process in pressure cooker, 60 minutes at 15 pounds; or water bath, 180 minutes. This product when packed Mexican style contains the dried chili bean. Since the dried beans are already in a preserved state they are omitted from this recipe but may be cooked and added to the meat when opened for serving. If beans are canned with the meat, they should be cooked soft and added to the other ingredients before packing. For the above recipe use 5 to 10 pounds of beans.

CORNEB BEEF

AFTER beef has been corned, remove from the brine; soak 2 hours in clear water, changing water once; boil slowly for $\frac{1}{2}$ hour; remove from the boiling water. Pack into clean KERR Jars to within 1 inch of top and add 3 or 4 tablespoons liquid in which meat was boiled. Put on cap, screwing band firmly tight. Process according to time table, page 9.

FRIED LIVER

REMOVE membrane. Slice the liver and fry partially done. Pack into clean KERR Jars to within 1 inch of top. Add 1 teaspoon salt to each quart jar if desired. Add 3 tablespoons pan gravy. Put on cap, screwing band firmly tight. Process in pressure cooker, 60 minutes at 15 pounds; or in water bath, 180 minutes.

GOULASH—MEAT STEWS (BEEF)

SEE recipe for Meat Stews (Goulash).

HAM—PORK CHOPS

FOLLOW recipe for Tenderloin.

HEAD CHEESE

6 pounds chopped meat 3 teaspoons red pepper
3 tablespoons salt $2\frac{1}{2}$ teaspoons allspice
4 teaspoons pepper 3 teaspoons cloves
1 quart broth in which meat is boiled

CLEAN hog's head by removing snout, eyes, ears, brains and all skin. Trim off all fat. Cut head in four pieces and soak in salt water ($\frac{1}{2}$ cup salt to 1 gallon water) for 3 to 5 hours to draw out all blood. Drain from salt solution and wash well in clear water. Hearts, tongues and other meat trimmings may be cooked with the head meat. Cover meat with hot water and boil until meat can be removed from bones. Remove all meat from bones. Strain broth and measure. Chop meat fine. Add salt, pepper and spices to the meat and mix thoroughly with the broth. Cook mixture 15 minutes. Pack into clean KERR Jars to within 1 inch of top. Put on cap, screwing band firmly tight. Process in pressure cooker, 60 minutes at 15 pounds; or 180 minutes in water bath.

HEART

REMOVE membrane and cook about one-fourth done. Cut into slices or leave whole as desired and pack into clean KERR Jars to within 1 inch of top. Add 1 teaspoon salt to each quart jar if desired. Add four tablespoons of meat broth. Onions, carrots, and other vegetables could be cooked in broth and added to jar. Put on cap, screwing band firmly tight. Process in pressure cooker, 60 minutes at 15 pounds; or in water bath, 180 minutes.

KIDNEYS

SPLIT kidneys and remove inside sack. Soak in several changes of salt solution (1 teaspoon salt to 1 pint water). Cut into $\frac{1}{2}$ inch cubes. Sear in hot fat. Pack into clean KERR Jars to within 1 inch of top. Add 1 teaspoon salt to each quart jar if desired. Add 3 or 4 tablespoons pan gravy. Put on cap, screwing band firmly tight. Process in pressure cooker, 60 minutes at 15 pounds; or in water bath, 180 minutes.

MEAT STEWS OR GOULASH (BEEF)

CUT meat in small pieces, brown slightly in frying pan. Put into stewpan, cover with boiling water and cook a few minutes. Add diced vegetables, (potatoes, carrots, onions, tomatoes). Cook only until vegetables are heated through, pack product and liquid into clean KERR Jars to within 1 inch of top. Add



1 teaspoon salt to each quart jar if desired. Put on cap, screwing band firmly tight. Process in pressure cooker, 60 minutes at 15 pounds; or in water bath, 180 minutes.

MINCE MEAT

2 pounds lean beef cooked until tender
and put through food chopper
½ pound suet chopped fine
5 pounds tart juicy apples chopped
2 pounds raisins
1 pound currants
½ cup lemon juice
Grated rind of 2 lemons
4 cups fruit juice
1½ cups water
3 cups brown sugar
2 cups sorghum
3 teaspoons salt

2 teaspoons allspice
2 teaspoons cinnamon
3 teaspoons nutmeg
2 teaspoons cloves
1 teaspoon mace

MIX all together, boil for 10 minutes. Pack into clean KERR Jars to within 1 inch of top. Put on cap, screwing band firmly tight. Process in water bath for 30 minutes.

PICKLED PIGS' FEET

SCALD, scrape and clean the feet very thoroughly, then sprinkle lightly with salt and let stand for 4 to 8 hours. Wash the feet well in clean water. Place them in hot water and cook until tender but not until meat can be removed from bones. Pack the feet into clean KERR Jars, filling the jars to within ½ inch of top with a boiling spiced vinegar. Process jars in water bath for 90 minutes.

Vinegar Solution:

2 quarts vinegar	1 teaspoon whole allspice
1 small red pepper	1 bay leaf
2 tablespoons grated horseradish	
1 teaspoon whole black pepper	

Mix all together and bring to the boiling point.

RABBIT MEAT

RECIPES are identical with chicken recipes. Prepare and process same way.

ROAST BEEF

SELECT meat suited for a roast. Trim, wipe with a damp cloth. Heat suet and other fat in roasting pan. Cut roast in convenient pieces to go into jar. Put meat into hot fat in roaster, set in oven, roast at a moderate temperature until ½ done. Pack into clean KERR Jars to within 1 inch of top. Add 1 teaspoon salt to each quart jar if desired. Add 3 or 4 tablespoons pan gravy. Put on cap, screwing band firmly tight. Process according to time table, page 9.

ROAST PORK

PREPARE and pack same as roast beef. Process according to time table, page 9.

SAUSAGE

SHAPE sausage into cakes. Pan-fry or bake until cakes are browned. Pack into clean KERR Jars to within 1 inch of top. Add small amount hot water to fat, pour 3 or 4 tablespoons of this liquid over sausage. Put on cap, screwing band firmly tight. Process according to time table, page 9.

SPARE RIBS

CUT in lengths that will pack into jars. Roll tightly, tie with string, brown in hot fat, heating thoroughly. Pack into clean KERR Jars to within 1 inch of top. Add 1 teaspoon salt to each quart jar if desired. Add 3 or 4 tablespoons pan gravy. Put on cap, screwing band firmly tight. Process according to time table, page 9.

SQUAB

PREPARE same as chicken. Pack into clean KERR Jars to within 1 inch of top. Add 1 teaspoon salt to each quart jar if desired. Put on cap, screwing band firmly tight. Process according to time table for chicken, page 9.

STEAK

CUT steaks about ¾ inch thick. Wipe with damp cloth. Bones may or may not be removed. Broil in oven or sear in pan of hot fat until nicely browned. Roll and pack steaks while hot into clean KERR Jars to within 1 inch of top. Add 1 teaspoon salt to each quart jar if desired. Add 3 or 4 tablespoons pan gravy. Put on cap, screwing band firmly tight. Process according to time table, page 9.

SWEETBREADS

TRIM and boil sweetbreads 10 minutes. Split them open and season as for table. Fry slowly on both sides until nicely brown. Pack into clean KERR Jars to within 1 inch of top, add 3 tablespoons of water. Carrots or tomatoes may be added. Put on cap, screwing band firmly tight. Process in pressure cooker, 60 minutes at 15 pounds; or in water bath, 180 minutes.

TENDERLOIN

CUT in pieces of desired size. Sear in hot fat in frying pan until brown. Pack into clean KERR Jars to within 1 inch of top. Add 1 teaspoon salt to each quart jar if desired. Add 3 or 4 tablespoons of fat from frying pan. Broth may be used. Put on cap, screwing band firmly tight. Process according to time table, page 9.

TONGUE

BOIL tongue until partially done. Cool and remove outside skin. Slice or leave whole and pack into clean KERR Jars to within 1 inch of top. Add 1 teaspoon salt to each quart jar if desired. Add 3 tablespoons water. Vegetables, such as carrots, potatoes or spinach may be canned with the tongue. Put on cap, screwing band firmly tight. Process in pressure cooker, 60 minutes at 15 pounds; or in water bath, 180 minutes.

VENISON

IF roasting cook slowly in moderate oven about 15 minutes for each pound of venison. Slice, pack into clean KERR Jars to within 1 inch of top. Add 1 teaspoon salt to each quart jar if desired. Add 3 or 4 tablespoons of broth. Onion may be added if desired. Put on cap, screwing band firmly tight. Process in pressure cooker, 60 minutes at 15 pounds; or in water bath, 180 minutes.

SAVORY Fish Recipes



★ Only fresh fish should be canned and these should be bled and thoroughly cleaned of all waste material when caught or as soon thereafter as possible. Wash the clean fish well in fresh water. Split the fish but do not remove backbone. Soak fish 1 hour in brine made by adding ½ pound salt to 1 gallon water. Drain fish 10 minutes before packing or precooking.

FISH (GENERAL)

FOLLOW general instructions for cleaning. Precook (frying, baking, boiling, etc.) sufficiently to develop flavor, pack closely into clean KERR Jars to not more than 1 inch from top, add 1 teaspoon salt to each quart jar if desired; do not add water. Put on cap, screwing band firmly tight. Process according to time table, page 9.

CLAMS

STEAM clams to open shell. Remove clams from shell. Precook in mild salt water 5 minutes. Drain and rinse. Mince or leave whole and pack into clean KERR Jars to within 1 inch of top. Cover with weak hot brine. Put on cap, screwing band firmly tight. Process according to time table, page 9.

CRAB MEAT

TO FIVE gallons of hot water in a large kettle add ½ pound of baking soda. When the soda water boils add the live crabs and boil rapidly for 20 minutes. Remove crabs and wash them in cold water. Pick out all meat, being careful not to include the shells in leg and claw joints. Wash the meat in a weak brine (two tablespoons salt to three quarts water). Drain and pack into clean KERR Jars to within 1 inch of top. Add 1 teaspoon salt to each quart jar if desired. Put on cap, screwing band firmly tight. Process according to time table, page 9.

FRIED FISH

SCALE and wash in hot water. Cut in pieces of desired size, dip in either corn meal or cracker meal. Fry until light brown. Pack into clean KERR Jars to within 1 inch of top. Add 1 teaspoon salt to each quart jar if desired. Put on cap, screwing band firmly tight. Process according to time table, page 9.

FISH ROE

USE only the roe of freshly caught fish and only such roe as is known to be good to eat. Clean the roe by removing the shreds and strings adhering to it. Wash well in cold water, being careful not to break the roe. Soak for about 2 hours in brine made in the proportion of 1 tablespoon salt to 1 quart water. Drain and pack into clean KERR Jars to within 1 inch of top. Add 1 teaspoon salt to each quart jar if desired. Put on cap, screwing band firmly tight. Process according to time table, page 9.

FISH STEW

- 2 pounds fish meat (weight after cleaned, skinned, boned and cut in pieces)
- 1 quart canned tomatoes or 8 large fresh ones
- Salt, paprika and a little sugar
- 1 tablespoon mixed spices
- 2 tablespoons ripe pimientos, finely chopped (red sweet peppers can be used)
- ¾ cup good cooking oil
- 2 cloves garlic, finely cut
- 2 medium-sized onions, finely minced
- 1 tablespoon lemon juice or vinegar
- 1 tablespoon parsley, finely chopped

PUT tomatoes in kettle and season with salt, paprika and sugar. Add spices and let simmer for 30 minutes. Remove from fire and strain. Return to fire and add chopped pimientos. Let simmer until fish is ready.

Heat ½ cup of the cooking oil, add the garlic and onion. Cook until soft, but do not brown. Add this to the tomatoes and if mixture is too thin, allow to simmer until it is thick as catsup.

After fish is cleaned, skinned and boned, cut in pieces for serving. Sprinkle with salt. Cook on both sides in remainder of oil until fish is light brown color.

Add lemon juice and parsley to tomato mixture; if needed, add more salt and paprika. Add fish and bring to boil. Pack into clean KERR Jars to within 1 inch of top. Put on cap, screwing band firmly tight. Process according to time table, page 9.

SALMON

DRAW fish, then slowly pour on hot water, being careful not to break the skin which would cause a loss of oil and fat. Scrape gently until skin is white and clean, wipe dry, cut in large pieces (leave in backbone), pack dry into clean KERR Jars to within 1 inch of top. Add 1 teaspoon salt to each quart jar if desired. Add 1 teaspoon of butter or olive oil. Put on cap, screwing band firmly tight. Process according to time table, page 9.

SHRIMP

SHRIMP should be canned when absolutely fresh, as they deteriorate quickly. They may be peeled or left with shell on until cooked. In either way they are boiled in salt water: 1 pound of salt to 1 gallon of water. Do not put shrimp into the water until it is boiling. If to be packed wet, boil from 5 to 6 minutes. If to be packed dry, boil from 7 to 8 minutes. If they were not peeled before boiling, drain through a colander and sprinkle with salt. This will harden the meat and they can more easily be peeled.

Wet pack: After the shrimp are boiled and peeled, pack into clean KERR Jars to within 1 inch of top. Fill jars to within ½ inch of top with a weak brine (1 teaspoon salt to 1 quart boiling water). Put on cap, screwing band firmly tight.

Dry pack: Prepare same as wet pack but do not add brine. Process according to time table, page 9.

TUNA FISH

TO remove meat of fish from bone, steam or bake with a little water about one hour at 350° F.

Take off skin and lift the meat from the bones—the meat will come off in little wedge shaped pieces which will have a portion of dark meat. This dark meat will preserve a more attractive appearance. Inspect meat carefully to be sure no bones are left.

Pack into clean KERR Jars to within 1 inch of top. Add ½ teaspoon of salt to each pint jar if desired. Add two or three tablespoons salad oil. Process according to time table, page 9.



A BIT OF THE *Unusual*

ENGLISH PLUM PUDDING

- | | |
|---|---------------------------------------|
| 1 cup chopped suet | 1 teaspoon cinnamon |
| 1 cup flour | 1 cup chopped apples |
| 1 cup sugar | 2 eggs |
| 1 cup raisins | $\frac{1}{3}$ cup milk |
| 1 cup currants | $\frac{1}{2}$ teaspoon salt |
| 1 teaspoon allspice | $\frac{1}{2}$ cup chopped citron peel |
| 1 cup bread or cracker crumbs | |
| $\frac{1}{2}$ cup chopped candied orange peel | |

MIX all ingredients and pack into clean KERR Jars to within 2 inches of top. Put on cap, screwing band firmly tight. Process in pressure cooker for 60 minutes at 10 pounds or in hot water bath for 180 minutes.

HOT TAMALES

- | | |
|-------------------|-------------------------|
| 1 soup bone | 1 onion cut in quarters |
| 1 pound lean beef | 3 cloves garlic |
| 1 pound pork | 3 teaspoons salt |

COVER ingredients with water. Cook until meat is tender. Put meat through food chopper, using finest blade. Grind with meat, 2 fresh cloves garlic and 1 large onion. To meat mixture add the following:

- | | |
|--|--------------------------------|
| 4 tablespoons chili powder | $\frac{1}{4}$ teaspoon cayenne |
| 1 teaspoon salt | 2 tablespoons flour |
| $\frac{1}{2}$ cup from $\frac{1}{4}$ pound rendered suet | |
| 2 cups broth in which meat was cooked | |

Cook all together until thick. It is then ready to spread on the meal which has been prepared as follows:

- | | |
|--|---|
| 4 $\frac{1}{2}$ cups meal | 2 teaspoons chili powder |
| 1 tablespoon salt | 4 $\frac{1}{2}$ cups broth or hot water |
| $\frac{1}{2}$ cup fat from $\frac{1}{4}$ pound rendered suet | |

Mix together until smooth and of consistency to spread. Cut vegetable parchment paper into 6x3 inch strips and scald it—have pieces damp but not wet. Spread meal mixture $\frac{1}{4}$ inch thick on paper. Allow space at each end and one side of paper to turn these over. Through center of dough spread about 2 teaspoons of prepared meat mixture. Roll up, folding sides and ends of paper. Into a clean KERR Pint Jar place 1 tablespoon hot water. Pack tamales into pint jar. To prevent difficulty in packing last tamale in jar place it between 2 knives and slip into center of pack. Put on cap, screwing band firmly tight. Process in pressure cooker 60 minutes at 15 pounds.

ITALIAN SPAGHETTI SAUCE

- | | |
|---------------------------------------|--------------------------------------|
| 3 cans Italian tomato paste | |
| 6 cans water (using tomato paste can) | |
| 3 or 4 large onions, chopped fine | |
| 2 pounds ground beef | Olive oil or butter |
| 1 onion of garlic | $\frac{1}{2}$ cup whole mixed spices |

ADD water to tomato paste. Fry onions, beef and garlic in olive oil or butter. Add this mixture to tomato mixture. Cook slowly for 2 hours, adding water to paste as it cooks down. Ten minutes before cooking time is up add spice bag containing the spices. Mixture should be fairly thick at end of 2 hours cooking. Addition of all the water may not be necessary.

Remove spice bag. Pour boiling mixture into clean KERR Jars. Put on cap, screwing band firmly tight. Process in pressure cooker 60 minutes at 10 pounds or in water bath 3 $\frac{1}{2}$ hours.

MILK

AFTER straining the fresh milk allow it to stand until animal heat disappears. Pour into clean KERR Jars to within $\frac{1}{2}$ inch of top of jar. Put on cap, screwing band firmly tight. Process in pressure cooker 10 minutes at 10 pounds pressure, or 60 minutes in water bath.

PEANUT BUTTER

- | | |
|---------------------------|------------------|
| 4 quarts Virginia peanuts | 8 teaspoons salt |
| 2 quarts Spanish peanuts | |

ROAST peanuts uniformly brown. Cool, remove red skins and tiny hearts. Use nut grinder or finest blade of food chopper to grind peanuts. Add salt and grind 2 or 3 more times until mixture does not feel grainy between the fingers. Pack closely into clean KERR Jars, filling to within 1 inch of top. Put on cap, screwing band firmly tight. Process in water bath 60 minutes at simmering temperature (180° F.). The Virginia and Spanish peanuts must be mixed to prevent too much oil in butter. Make butter often rather than making supply for several months.

SANDWICH SPREAD

- | | |
|---|---------------|
| 1 quart finely chopped sweet pickles | |
| (measured after chopping) | |
| 3 red sweet peppers or canned pimiento (chopped fine) | |
| 3 green sweet peppers (chopped fine) | 1 cup vinegar |

COVER peppers with vinegar and cook 10 minutes. Drain. In double boiler prepare the following:

- | | |
|--|---------------------|
| 3 tablespoons flour | 1 teaspoon salt |
| $\frac{1}{8}$ teaspoon cayenne pepper | 1 cup cream |
| 1 teaspoon ground mustard | 3 well beaten eggs |
| $\frac{1}{4}$ cup vinegar from sweet pickles | 4 tablespoons sugar |

THOROUGHLY mix flour and other dry ingredients. Add vinegar and mix to smooth paste. Cook in double boiler until thickened. Pour cream in gradually, stirring constantly. Cook about 10 minutes more, stirring constantly. Pour hot mixture over beaten eggs and mix well. Return to boiler. Cook 3 minutes. Add pickles and peppers and let come to boiling point. Pour into clean KERR Jars. Put on cap, screwing band firmly tight. Process in water bath 10 minutes.

SPANISH NOODLES

- | | |
|-----------------------|---------------------------------|
| 1 pound noodles | 2 tablespoons butter or fat |
| 2 pounds peeled | 2 medium-sized onions, cut fine |
| tomatoes, cooked | 1 sweet red pepper, cut fine |
| 2 teaspoons salt | 1 sweet green pepper, cut fine |
| 2 pounds steak, diced | 1 pound mushrooms |

COOK noodles in boiling salt water 20 minutes. Drain in colander. Rinse in cold water. Place noodles in kettle. Add tomatoes which have been pressed through sieve. Add salt and heat slowly. Sear steak in hot butter or fat. Add chopped onions and peppers. Cook 10 minutes. Add mushrooms and cook 5 minutes. Add this mixture to noodles and tomatoes and mix thoroughly. Pack into clean KERR Jars, filling to within 1 inch of top. Add tomato juice or boiling water to within $\frac{1}{2}$ inch of top. Put on cap, screwing band firmly tight. Process in pressure cooker 60 minutes at 10 pounds or 3 hours in water bath.

TOMATO MINCE MEAT

- | | |
|---|---------------------------|
| 1 $\frac{1}{2}$ pints chopped tart apples | 1 pound raisins |
| 1 pint chopped green tomatoes | $\frac{1}{4}$ cup vinegar |
| 2 teaspoons cinnamon | 1 cup suet |
| 1 teaspoon each salt, allspice and cloves | |
| 3 cups sugar | |

PEEL and chop apples. Mix all together, bring to rapid boil and simmer until thick. Pour into sterilized KERR Jars and seal.

CAPS AND LIDS

1. **Are KERR Caps affected by vinegar or any food acids?**

The gold lacquer on KERR Caps is subjected to a baking process and the cap is not affected by vinegar or food acids. It is safe to use in canning *all* foods.

2. **Can KERR Lids be used a second time? Why not?**

No. Because to open a jar sealed with a KERR Lid the lid should be punctured. If it is otherwise removed it should not be used a second time because the composition will be damaged by the first use.

3. **Will KERR Caps fit other makes of jars?**

KERR Mason Caps fit ALL MASON Jars.

4. **Is it necessary to purchase new Economy Clamps if, after years of use, clamps fit loosely and will not effect a seal?**

If Economy Clamps fit loosely, this can be corrected by bending the middle and increasing their tension.

5. **Should the Screw Bands on KERR Mason and KERR Wide Mouth Mason Jars be tightened after the jars are cold?**

No. The jar is already sealed when cold. We recommend removing screw band when jar is cold.

6. **Will products canned in KERR Jars keep if the Screw Bands are removed?**

Yes, if screw bands are removed after jars are cold and sealed. Remove screw bands after 24 hours as bands are unnecessary once jars are sealed. Use screw bands over and over, purchasing only the inexpensive lids. If left on, juices that are on the threads of the screw bands will cause the bands to stick to the jars.

7. **Will the flavor, color or keeping quality of canned products be in any way affected by the lacquer on KERR Caps?**

KERR Caps are clean, pure, and sanitary and no way affect the flavor, color or the keeping quality of any canned food. The fact that practically all commercially packed products in glass use gold lacquered caps is an additional endorsement as to their safety.

8. **Is it necessary to sterilize jars and lids before canning?**

For open kettle canning, jars should be sterilized. When the food is processed in the jar the jar does not require sterilizing but all jars should be thoroughly cleansed. Economy Caps and KERR Lids should always be scalded by placing in a pan and pouring boiling water over them. Screw bands need not be scalded.

9. **Will it injure the composition on the Economy Caps and KERR Lids when scalding to let stand in hot water?**

No.

10. **Should Screw Bands be screwed as tightly as possible before being placed in the water bath, oven, or pressure cooker to process?**

The bands should always be screwed firmly tight BEFORE processing. (See No. 14.)

11. **How can KERR Lids be separated if stuck together?**

By submerging them in boiling water for a few minutes.

12. **Why do some Screw Bands stick to the jars?**

This is caused by food juices on jar threads. Juices holding screw bands to the jar can be dissolved in warm water, or adhesions can be broken by tapping screw band lightly with knife handle. This can be completely avoided by removing screw bands from jars the day after products are canned. Once jars are sealed, bands are unnecessary.

13. **Why is it safe to tighten KERR Caps BEFORE processing?**

KERR Caps seal by the cooling of the contents of the jar and not through pressure of screw band on the lid. Therefore, although screw band is firmly tight the jar is not sealed until it has cooled, and during processing the flexible KERR Lid permits the jar to exhaust.

14. **In adjusting KERR Caps what is meant by "firmly tight"?**

By "firmly tight" we mean as tight as the hand can conveniently screw the band without using any undue exertion or wrenches.

15. **Will it break the seal to again tighten KERR Caps as soon as jars are removed from the canner after processing?**

It is unnecessary to again tighten KERR Caps when jars are removed from canner if cap was tightened firmly before jars were processed. However, it will not break the seal because the KERR Cap does not seal during processing but seals after processing by a vacuum which is created as the contents of the jar cool.

16. **How should the KERR Cap be handled when cold foods, such as pickles and sauerkraut are packed into the jar and are not cooked or processed? Can the screw band be removed before storing?**

When pickled products are packed cold and the contents of the jar do not receive any application of heat, the KERR Lid is placed on the jar of pickled foods with the sealing composition next to the glass and the band screwed firmly tight. The KERR Cap will not form a vacuum seal but when handled in this manner will offer the necessary protection to jars of pickled foods. Do not remove the screw band from the jar before storing as the band is necessary to hold the lid in place.

17. **When KERR Cap is tested for seal and the sound is not a clear ringing note must jar of food be reprocessed with new lid?**

If the food in jar is touching the underneath side of the lid the sound will be dull. Observe the lid, if properly sealed it will be drawn slightly inward. If the jar is sealed the lid should not be removed or food reprocessed.

18. **After scalding the KERR Lid should it be dried before placing on jar?**

No. The scalding is used to cleanse the lid and it should be placed on the jar without coming in contact with a cloth or other articles which are unsterile.

Canning Questions ANSWERED



GENERAL

19. When using the pressure cooker for processing, is it necessary to have the cooker filled with jars?

It is economy to process at one time as many jars as the cooker will hold, for it saves time and fuel, but if you do not have sufficient jars to fill the cooker, a lesser amount may be successfully processed.

20. If liquid is lost from a jar during processing, should the jar be opened when processing is complete to add more liquid?

No, this should never be done. The loss of liquid will not interfere with keeping qualities and to open the jar at the end of the processing will result in later spoilage of the food.

21. Does soil affect the keeping qualities of food?

Since most bacteria found on products come from the soil, and during some seasons there are occasional outbreaks where fields are infested with an unusual type or a larger number of bacteria than ordinarily exists, it is inevitable that more bacteria would be present on the product than in normal seasons and would make the product harder to sterilize.

22. What is the effect of heat and cold on keeping qualities of canned foods?

Excessive heat may destroy the seal of the jars through causing expansion of the contents. Warm storage encourages rapid growth of micro-organisms causing spoilage. Freezing and thawing injures the flavor and texture of canned products.

23. Will jars boiled in water before canning be tougher?

No. KERR Jars are fully tempered when made and boiling will not increase the temper.

24. Why do jars, after being tested and sealed for six months or more, open and contents spoil?

This is very rare but when it happens it is usually caused by bacteria which were not entirely destroyed by processing and which have become active thus causing the seal to release. This is especially true if the storage temperature has increased. It may also be caused by small particles of food on the sealing edge of the jar where they come in contact with the sealing composition, and disintegrate, which action permits air to enter the jar.

25. What causes liquid to boil out of jars during processing?

- (a) Packing jars too solidly with food when processing in the pressure cooker.
- (b) Having jars too full. If using water, fill jar to within $\frac{1}{2}$ inch of top; if using syrup, fill to within $1\frac{1}{2}$ inches of top of jar; or $\frac{1}{2}$ inch for hot pack fruits.
- (c) Too high a temperature or too rapid boiling. In oven canning, using too high a degree of heat or regulator not registering properly (occasional testing of regulator or control is suggested).
- (d) Too high a pressure. Variation or sudden lowering of temperature in using a pressure cooker. Petcock should not be opened and cover removed until hand on gauge goes back to zero.

26. Are the keeping qualities of food affected when liquid has boiled out during processing?

No.

27. In Hot or Cold Pack canning when should one start to figure time of processing?

Pressure Cooker: From minute the hand on pressure gauge reaches required pressure.

Water Bath: From the minute water surrounding jars starts to boil.

Oven: When jars are placed in oven and oven lighted or switch turned on.

28. **After processing should KERR Jars be turned upside down to test for leaks? Are keeping qualities affected by such a test? How should KERR Jars be tested?**
 (a) KERR Jars should never be turned upside down while cooling and jars are sealing.
 (b) Since the seal is not completed until jars are cold, KERR Jars should not be turned upside down. To do so is working against the KERR Principle of Sealing and may prevent a seal.
 (c) To test KERR Jars for seal: When jars are cold, take a spoon and gently tap the lids. If properly sealed, they will give a clear, ringing note, and be slightly concave (curved inwardly), caused by the vacuum inside. If not properly sealed, the sound will be dull and low in key, in which case you have an opportunity to re-can contents and thus save your food. If food touches lid the sound will be dull but not hollow and empty like unsealed jar.
29. **When processing in the water bath, should water completely cover the jars?**
 Yes. Water should cover jars at least one inch over top. If water boils down add enough boiling water to keep at required height.
30. **What allowance should be made from time tables for differences in altitude?**
 Practically all time tables specify that the time should be increased 10 per cent for each additional 500 feet over the first thousand, except for pressure cooker canning. For elevation up to 2000 feet use pressure given in time table. After the first 2000 feet one pound of pressure should be added for each additional 2000 feet of elevation.
31. **Should chemicals or preserving powders be used in canning?**
 Artificial preservatives should not be used.
32. **Can KERR Jars and Caps be successfully used for all methods of canning?**
 KERR Jars and Caps in all styles have been tested and proved highly successful for canning all fruits, vegetables, meats, poultry, game, fish, pickles, etc., by all methods.
33. **Where should hot jars be set when removed from canner or oven?**
 Set hot jars on a folded cloth or board. DO NOT set hot jars in a draft as this may cause them to burst.
34. **What products should be packed loosely and what products should be packed firmly? Why?**
 Such products as corn, peas, lima beans, greens and meats should be packed loosely because heat penetration in these products is difficult. Fruits, berries and tomatoes should be firmly and solidly packed because of shrinkage which takes place during processing and their texture does not retard heat penetration. A solid but not a tight pack should be made of all other products.
35. **What degree is considered boiling temperature?**
 212 degrees Fahrenheit or 100 degrees Centigrade, at sea level.
36. **In the Cold Pack method is it necessary to heat the syrup before it is poured on the fruit?**
 No. Cold syrup may be used.
37. **How long should jars be boiled to sterilize?**
 We recommend washing jars in hot suds. Rinse jars thoroughly, place in pan of clear water, with folded cloth in bottom of pan, set on stove and *boil* for at least 15 minutes.
38. **Should bubbles appear in the jar after it is taken out of the cooker to cool?**
 Bubbles often appear in the jar after it is removed from cooker because food is still boiling in jar. Ordinarily bubbles do not appear once the product has been allowed to thoroughly cool, unless the jar is shaken. A very tight pack of food may show air bubbles.
39. **Do completely filled jars become contaminated by food coming in contact with KERR Lid?**
 No. Food coming in contact with the KERR Lid does not become contaminated. However, jars should be filled only to within $\frac{1}{2}$ inch of top if water is used, or $1\frac{1}{2}$ inches of top if syrup is used on fruits packed cold or $\frac{1}{2}$ inch for fruits packed hot, so that when lid is placed it will not force food out on sealing edge of jar and prevent a seal. Food touching lid also interferes with the test for seal. (See Questions and Answers numbers 58, 59, 75 and 84 for height products should be packed.)
40. **Can KERR Jars and Caps be tested to determine when a seal is obtained?**
 Yes, after the jars are cold they may be tested for seal as follows: Take a spoon and gently tap the lids. If properly sealed they will give a clear, ringing note. If not properly sealed the sound will be dull and low in key. If food touches lid the sound will be dull but not hollow and empty like unsealed jar. Observe the lids closely. A concave surface indicates a tight seal and a convex surface means no seal.
41. **If a jar does not seal and must be reprocessed does it have to be processed the full length of time?**
 Just what shall be done with the unsealed jar will depend upon the cause. If cap or lid is at fault and product is a fruit, simply replace cap or lid with new one and process in water bath until product reaches boiling point. If it is a vegetable or meat it should be reprocessed approximately one-fourth to one-third the regular processing period. If jar is defective any product would require repacking. It is doubtful if this will be profitable since the reprocessing would need to be of approximately the same length as a normal period for that particular food. Few foods will stand up under such treatment.
42. **Why is a shorter period of processing used when canning in a pressure cooker?**
 Because a higher degree of temperature is obtained under pressure.
43. **In the hot water bath method of processing is it all right to allow jars to cool in the water?**
 No. The product will be overcooked and certain types of spoilage may develop due to slow cooling.
44. **Is it possible to process two layers of jars in canner at one time?**
 Yes. Place small wire rack between the layers so water or steam will circulate freely around each jar.

45. **Does the black deposit sometimes found on the underside of the lid indicate spoilage or make foods unwholesome?**

No, if the jar is sealed, and if this deposit is caused by tannins in the food or hydrogen sulphide which is liberated from the food by the heat of processing. This does not make the food unwholesome.

OVEN CANNING

46. **How far apart should jars be set on rack in oven?**

Place filled jars on rack in cold oven. Jars should be set about two inches apart. They should not touch each other or sides of oven.

47. **How much water or syrup should be used on food products in oven canning?**

Fill the jars to within $\frac{1}{2}$ inch of top if using water, or $1\frac{1}{2}$ inches of top if using syrup on fruits packed cold or $\frac{1}{2}$ inch for fruits packed hot. (See Question and Answer number 59 for height product should be packed.)

48. **What is the difference between an oven regulator and an oven indicator?**

The oven *regulator* automatically controls the oven temperature. An oven *indicator* simply indicates the oven temperature but does not regulate or hold the oven temperature at a given point.

49. **In oven canning is it necessary to allow the oven to get cold before placing second batch of jars in for processing?**

No. Second batch of jars may be placed in oven as soon as first batch is removed. Count time on second batch from minute they are placed in oven.

FRUITS

50. **What effect do some methods of canning have on the flavor of canned fruits?**

The open kettle method causes (with a consequent loss of flavor), the boiling away of some of the food values which are retained in the hot or cold pack method.

51. **What fruits contain sufficient acid to make it unnecessary to process them?**

Rhubarb, cranberries and gooseberries. Care must be exercised in canning with the cold water method to use only pure, or distilled water, and firm, freshly picked fruits.

52. **May fruit be canned successfully without sugar?**

Yes, by using fruit juice or water in place of syrup.

53. **How does one lye-peel peaches?**

Use an agateware or iron vessel and only firm peaches. To a gallon of water, add two tablespoons of lye, and bring to boiling point. Place peaches in wire basket or cheesecloth bag and lower into boiling solution for about one minute. Remove and rinse in cold water using a crash towel to rub off peeling. This method may also be used with apricots, if they are firm.

54. **What causes peaches and pears to turn dark brown after they have been canned? How can this be prevented?**

(a) Discoloration of fruits in the top of the jar is often due to enzyme activity or oxidation

which means that the heat of cooking or processing was not applied long enough, or the temperature used was not high enough to render the enzyme inactive or expel the air from the jar. The remedy is an increase of 5 to 15 minutes in the processing time.

- (b) Fruit exposed to air too long after being peeled and before being canned. This can be overcome by dropping peeled fruit into slightly salted or plain water until ready to put in jars.

(c) Pears canned by cold pack method will retain original color better if a tablespoon of lemon juice is added to each quart jar.

(d) Fruits canned without sugar, after being opened and exposed to air, sometimes turn brown just as fresh fruit does when exposed to air.

55. **How may strawberries be canned to prevent floating and to retain their original color?**

By precooking for five minutes in syrup, then allowing the berries to stand in the syrup for a few hours before packing in jars and processing. After canning store jars in a dark place to retain color of berries. (See recipe for "Strawberries—Will Not Float"—Page 13.)

56. **Why do berries, other fruits and tomatoes float from bottom of jar?**

This may be caused by using foods that are overripe. Processing too long or using too high temperature for processing, or using too heavy syrup or making too loose pack. Fruits and tomatoes shrink when heated and should be packed firmly.

57. **Why should fruits be graded according to size and ripeness?**

(a) Fruits should be uniform in size and firmness so that heat penetration will be equal, which would not be the case if large and small fruits were all canned in one jar.

(b) Partly ripe and fully ripe fruits should never be canned in the same jar. All partly ripe fruits should be canned together and all fully ripe fruits should be canned together.

(c) Overripe fruits should never be used for canning unless used in jams or butters.

58. **How high should fruit be packed in jar when canned by the Open Kettle method?**

Jars should be filled to within $\frac{1}{2}$ inch of top with fruit and syrup or liquid.

59. **How high should fruit be packed in jar for Hot or Cold Pack canning?**

Jars should be filled within $\frac{1}{2}$ inch of top with fruit and $1\frac{1}{2}$ inches of top with syrup when fruit is packed cold, or $\frac{1}{2}$ inch of top with syrup when fruit is packed hot.

60. **How much salt should be added to the water in which peeled fruit is placed to prevent discoloration before canning?**

Two teaspoons of salt to each quart of water is sufficient.

JELLIES

61. **How can fruit juices be tested for pectin content?**

1. To one teaspoon of cooked juice, add one teaspoon of grain alcohol and stir slowly. Wood or denatured alcohol may be used but **DO NOT TASTE** as the latter two are **POISON**.
 - (a) Juices rich in pectin will form a large amount of bulky gelatinous material.
 - (b) Juices moderately rich in pectin will form a few pieces of gelatinous material.
 - (c) Juices poor in pectin will form small flaky pieces of sediment.
 2. Or mix 2 teaspoons sugar, 1 tablespoon Epsom salts, 2 tablespoons cooked fruit juice. Stir well and let stand for 20 minutes. If mixture forms into a semi-solid mass the juice contains sufficient pectin.
- 62. What fruits contain pectin and acid? Which lack pectin? Which lack acid?**
 Cranberries, quinces, green apples, crab apples, blackberries, grapes, plums, gooseberries, orange or lemon rind and white peel contain pectin and acid.
 Peaches, pears, cherries, strawberries, pineapples and rhubarb contain practically no pectin when ripe.
 Pears and sweet apples contain practically no acid.
- 63. Will fruits which lack acid make jelly?**
 No. Three ingredients are essential: pectin, acid and sugar, in their proper proportions.
- 64. What makes jelly (a), soft? (b), tough? (c), crystallize? (d), cloudy?**
 (a) Jelly sometimes is syrupy because more sugar has been used than the fruit juice requires; or because boiling (after the addition of sugar) was not continued long enough.
 (b) Jelly is tough or stringy because too small a quantity of sugar was used for pectin present in juice, or because the jelly was boiled too long.
 (c) Crystals appear in jelly because too much sugar was used; or boiling too long before sugar was added to the juice, so that the two were not boiled together long enough; or in boiling, the syrup spatters on the side of the pan, dries and in pouring the jelly these crystals are carried into the glass and the jelly becomes seeded with crystals. Crystals often appear in grape jelly because of tartaric acid in the grapes. This may be overcome by allowing the juice to stand, the tartaric acid will crystallize and settle to the bottom. The juice should be poured off carefully so as not to disturb the sediment.
 (d) Cloudy jelly may be due, to having cooked the fruit too long before straining off the juice or to not having used sufficient care in straining the juice. Sometimes it is noticed in apple and crab apple jelly that, although it is clear when first made, the jelly becomes cloudy after a time. In these cases it is usually due to the use of partly green fruit, the starch in this fruit probably causing the cloudy appearance.
- 65. In using a jelly thermometer, what is the proper temperature at which fruit juices will jell?**
 Pure fruit juices (without the addition of commercial pectin) will jell at a temperature of



220° to 222° F. at sea level altitudes if the juices contain the proper proportion of pectin, acid and sugar.

66. What is pectin?

A natural substance found in most fruits which causes the fruit juice to congeal when used in jelly making.

67. Should jelly be boiled slowly or rapidly?

Jelly should be boiled rapidly. Long, slow boiling will destroy the pectin in the fruit juice.

68. Should jelly be made with cane or beet sugar?

The test on cane and beet sugar shows them to be chemically the same. Either may be successfully used.

69. How much juice should be made into jelly at one time?

Not more than 6 to 8 cups. If a larger quantity of juice is used, it will be necessary to boil it longer thus causing loss of flavor and darkening the jelly.

VEGETABLES

70. What causes corn to turn brown during processing?

This most often occurs when too high a temperature is used. The high temperature causes a caramelization of the sugar in the corn. It may also be caused by some chemical, such as iron, in the water used in canning.

71. Why do beets turn white?

The loss of color from beets is usually due to the variety of beets used or to canning beets that are too old or that have been gathered too long. Some varieties are more susceptible to loss of color than others. If possible get the very dark red variety and make sure they are young, tender and as freshly gathered as possible. Precook beets with 2 inches of the stems and all of the root left on, as this helps to retain the juices.

72. Should salt be used to season jars of vegetables before canning or added when served?

Salt may be added at the time of canning or omitted entirely and if desired added when served.

73. Should canned vegetables be recooked before tasting or using?

Yes, ten to fifteen minutes in an open vessel to destroy toxins that may have formed on vegetables in the jar.

74. What causes cloudiness in canned peas? How can it be prevented?

This may be caused by insufficient precooking, by some mineral in water that is used, by using peas that are too old for canning, or by peas bursting during processing. Proper precooking, use of soft or distilled water, and careful handling ordinarily eliminate cloudiness. It may also indicate flat sour.

75. How high should vegetables be packed in jar?

Pack vegetables to not more than 1/2 inch from top of jar. (Exceptions: corn, peas and lima beans should be packed only to within one inch of top.) For all packs, add water to within 1/2 inch of the top of jar.

76. What vegetables expand instead of shrink during processing?

Corn, peas and lima beans.

77. Why do some vegetables fall to pieces and look soupy when canned?

- (a) Because they have been overprocessed.
- (b) Because of using overripe products.

78. Can any vegetables or vegetable and meat mixtures be canned safely by the Open Kettle method?

No, all vegetables except tomatoes must be canned by the hot or cold pack method (processed in the jar).

79. Should all vegetables be blanched before canning?

All vegetables should be blanched or precooked according to recipe.

80. Does it injure vegetables to overprocess them?

It is better to overprocess than to underprocess, as overprocessing will do little harm, but underprocessing may result in spoilage.

81. How long should vegetables stand after gathering before being canned?

No longer than is necessary to prepare them for canning. The slogan of 2 hours from the garden to jar is a very good one.

82. Why is it more difficult to can vegetables than it is to can fruit?

Because vegetables are non-acid products, in which heat resisting bacteria are difficult to kill.

MEAT AND FISH

83. Is it necessary to precook any meats before canning?

Most authorities recommend precooking meats. However, meats may be packed raw, but if packed raw add no liquid.

84. How high should meat be packed in jars?

Jars should be packed loosely and filled to not more than one inch from top with meat. For precooked meats add three or four tablespoons of liquid. Meats packed raw do not require the addition of liquid.

85. Must the liquid on canned meats be jellied?

No. The liquid on canned meats will not congeal unless it contains a good amount of gelatin from cartilage or connective tissue.

86. What causes congealed liquid in canned meat to liquefy when it is not or does not seem spoiled?

Meat stock congeals at a comparatively low temperature, and liquefaction in a jar is caused by a rise in temperature of the storage room. If jar is put into a refrigerator or some other cool place, the stock will soon solidify. This does not affect keeping qualities of the meat.

87. In baked chicken or roast meats how much liquid can be added to jar to have a sufficient quantity to make a large amount of gravy when jar is opened for serving?

Fill jar not more than 2/3 full of liquid from pan in which meat was precooked. If jar is filled full of liquid the meat will not retain the precooked flavor.

88. Should canned meats be recooked before tasting or using?

Yes, ten to fifteen minutes in an open vessel to destroy toxin that may have formed on meats in the jar.

89. What is the best way to harden fish meat for canning?

Only firm, fresh meat should be selected. Fish flesh can be hardened if desired by soaking one hour in cold brine made in proportions of ½ pound of salt to 1 gallon of water.

90. Should bones be removed from poultry and game birds before canning?

Poultry and game birds can be canned either with or without the bones.

91. Is it necessary to process meat and poultry longer when bones are not removed?

No.

92. Should giblets and liver of fowl be canned in same jar with rest of chicken?

No. The flavor of the liver or giblets will permeate other pieces of chicken in the jar.

93. How should meat be processed to prevent liquid from boiling out of jar, adhering to sealing composition and preventing a seal?

By following directions for filling and processing as given in recipes, care being taken that jars are never too full and are not processed at a higher temperature than called for in recipes.

94. What is generally conceded the proper time for animal heat to leave the body of the animal or fowl?

Six to 24 hours, provided it is hanging in the open. Meat, poultry and game should not be canned until all animal heat is gone.

95. Should meat be soaked in water before packing?

No. Because it makes it stringy and tough, but it should be wiped with a clean, damp cloth.

96. Should steak be rolled in flour for canning?

No. Flour retards heat penetration, flakes off in bottom of jar and gives the meat a slightly warmed-over taste.

97. Should meats or fish be completely or nearly covered with juices or liquid?

No. For precooked meats use only three or four tablespoons of liquid in each jar (for exceptions, see individual recipes). Meats packed raw do not require the addition of liquid.

98. What care should be exercised in the canning of shell fish?

Shell fish should be heated or cooked only in enamel vessels, as other types of vessels will cause the fish meat to turn dark.

PICKLING

99. What occasionally causes pickles to turn black?

If iron is present in any appreciable amount in the water used it may cause a blackening of the pickle. Hard water (containing lime) may prevent proper curing. The addition of a small amount of vinegar to hard water will help to overcome this.

100. What causes hollow pickles?

This is often due to faulty development of the cucumber or may be caused by allowing too long a time to elapse between gathering and pickling.

101. What causes pickles to become soft?

Using too weak a brine or inferior grades of vinegar or diluting the vinegar too much. Boiling the pickles too long when using recipes which call for cooking.

102. Why do pickles shrivel?

Placing the cucumbers at once in heavy syrup, too strong brine or too strong vinegar solution, or allowing too much time to elapse between gathering and pickling will cause them to shrivel.

103. What is the best vinegar to use in brining or pickling?

Pure apple cider vinegar.

104. Why does scum form on pickled foods?

Scum will not form on pickles if they are perfectly sealed. If stored in open containers, scum forms when liquid comes in contact with bacteria which are found in the air.

105. How can crispness of pickles be assured?

- (a) By using vinegar of at least 40 or 50 grain strength.
- (b) By using water as free from minerals as possible.
- (c) By proper brining.

SPOILAGE

106. What causes flat sour? How can it be prevented?

Flat sour is usually caused by canning over-ripe food or allowing precooked foods to stand in jars too long before processing or slow cooling of jars after processing. It may be prevented by using fresh products and properly processing, cooling and storing.

107. Do all types of spoilage cause the seal on the jar to release?

No. Flat sour is an exception and ordinarily shows no indication of spoilage until the jar is opened.

108. What causes fruit to mold when jars are apparently sealed?

When fruit molds, the jars are not sealed, as mold can form only in the presence of air.

109. What are the reasons for spoilage or jars not sealing?

1. Incomplete sterilization. Failure to follow time tables and recipes given in KERR canning literature.
2. Failure to wipe sealing edge of jar clean before placing lid on jar.
3. Food, seeds or grease lodged between lid and jar.
4. If Economy Jar—Clamps not properly adjusted; several clamps used.
5. In Oven Canning—Oven regulator out of adjustment or incorrect degree of heat.
6. Jars which are nicked or cracked or have sharp sealing edges.
7. If KERR Mason or KERR Wide Mouth Mason—Band screwed down too loosely before processing.
8. Turning KERR Jars or jars on which KERR Caps have been used, upside down while jars are cooling and sealing.
9. In Open Kettle Method—Filling a number of jars at one time and allowing to cool before putting on caps. Improper sterilization of jar.
10. In Open Kettle Method—Removing kettle from fire and filling jars with result fruit put in last jars is practically cold.

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SUCCESSFUL CANNING IS EASY WITH

Kerr

MASON FRUIT JARS CAPS AND LIDS



KERR Mason Jars and Jelly Glasses are made of clear, crystal flint glass—the finest and safest glass for your home canning use. KERR Mason Jars are carefully tempered, and pass rigid inspections and tests for strength, insuring highest quality jars for home canning. Expert designers and highly trained workmen have put their many years of experience and skill into the manufacture of the KERR Mason Jar, Cap and Lid. Insist upon genuine KERR Mason Jars, equipped with KERR Mason Caps, the original two-piece Mason Cap and only "Self-Sealing" brand. Millions of satisfied homemakers do.

Kerr CAPS AND LIDS

The gold lacquer used on both sides of KERR Caps and Lids is the finest, most sanitary coating that science has yet developed. Resistant to heat and not affected by fruit or vegetable acids. Gold lacquer is used by all commercial packers of food products.



This KERR Lid
(with the natural gray sealing
composition flowed in)

This KERR
Screw Band

The KERR
Mason Cap

ECONOMY JARS, CAPS AND CLAMPS

Convenient for packing whole fruits, vegetables and meats.



PINT QUART
HALF-GAL.

Can be used again and again. Packed one dozen to carton.

Seal only with KERR Economy Caps and Clamps.

CAPS: One piece. Gold-lacquered with the natural gray sealing composition flowed in. For use on KERR Economy Jars only. Packed one dozen to carton.

CLAMPS: Used to hold Economy Caps in place while processing and until Jars are cold and sealed.

HALF-PINT PINT
QUART HALF-GAL.



MASON JARS CAPS and LIDS

First choice of homemakers everywhere. Seal with KERR Mason Caps. Designed and constructed to meet every home canning need. Finest quality clear, crystal flint glass.

FIT ALL MASON JARS

Cap consists of two parts: Gold-lacquered screw band and lid (with natural gray sealing composition flowed in). Packed one dozen to carton.

Inexpensive KERR Mason Lids are all that are required after the first year. Packed one dozen to carton.

WIDE MOUTH MASON JARS CAPS AND LIDS



PINT QUART
HALF-GAL.

Very popular for the packing of whole fruits, vegetables, and meats... Convenient handling of contents and easy cleaning. Seal with KERR Wide Mouth Mason Caps.

Cap consists of two parts: Gold-lacquered screw band and lid (with natural gray sealing composition flowed in). Packed one dozen to carton.

Inexpensive KERR Wide Mouth Mason Lids are all that are required after the first year. Packed one dozen to carton.

Important! WAR NOTICE!
Kerr Wide Mouth and Kerr Economy Jars are discontinued for the duration.
For the jars now in use, Caps, Lids and Clamps are available.



BOTH STYLES
MADE IN
ONE-THIRD AND
ONE-HALF PINT SIZES

JELLY GLASSES

Made of clear, crystal flint glass. Equipped with gold-lacquered dustproof lids. Attractive and usable sizes in tall (smooth side) and squat (fluted side)—make excellent mold for jellies, gelatine desserts, etc.

Kerr MASON JARS, CAPS AND LIDS ARE BEST BECAUSE

1. No troublesome rubber rings required.
2. No wrenches needed.
3. No adjusting of rubber rings on hot filled jars.
4. No tightening of caps after processing.
5. No turning jars upside down to test for seal.
6. No crevices for germs to lurk.
7. No mold — no spoilage.
8. Kerr's sanitary gold lacquer and special sealing composition prove best by test.
9. Kerr screw bands can be used over and over. Very inexpensive lids are all you need to replace each year.
10. For ALL methods of canning — Pressure Cooker, Hot Water Bath, Open Kettle and Oven.

Your home-canned food is more valuable than ever — be sure it keeps. Can with KERR MASON JARS and CAPS. They seal in the natural flavor and goodness.



DO *You* HAVE A CANNING PROBLEM?

The KERR HOME CANNING BOOK gives you reliable, authoritative canning information in complete and comprehensive form. Our Research and Educational Department will gladly assist you with any canning problems you may have.



KERR Products have a national distribution. Should your dealer's stock of KERR Caps and Lids be temporarily exhausted during the rush season, send your order to our nearest office given below.

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